

**A vision board** is something you create to remind yourself of your own personal goals and desires. It can also be called a vision map. It can be a reminder of, inspiration for, or a way to affirm the progress you are making on a particular goal. They add clarity to your desires, and feeling to your visions.

You will create a vision board after doing the following activities:

1. Read about caloric intake: [Estimated Energy Requirements](#)
2. Create your own food plan: [Create a customize a Food Plan](#)
3. Log on to <https://www.eatracker.ca/register.aspx> and complete the following:

Create an account.

**Watch the “Quick Start Guide” videos:**

“Entering Your Information, Goals & Motivations.” Be sure to complete MY DETAILS on the left side. Enter your information (age, sex, weight, height, physical activity)

You will see above the dashboard the **recommended** amount you should have in each area. With this information answer the following information.

Answer the following questions:

I need \_\_\_\_\_ calories per day.

I need \_\_\_\_\_ of fat every day.

I need \_\_\_\_\_ of protein every day.

I need \_\_\_\_\_ of carbohydrate every day.

I need \_\_\_\_\_ from the vegetable/fruit group every day.

I need \_\_\_\_\_ from the grain group every day.

I need \_\_\_\_\_ from the milk/alternate group every day.

I need \_\_\_\_\_ from the meat/alternate group every day.

THINK about the following questions-Make some notes :

1. How much of each food group do you require daily? Caloric intake?
2. What food(s) do you enjoy eating from each of the food groups that can help you reach your daily requirements?
3. How much time should teens spend being physically active each day?
4. What physical activities do you enjoy that will motivate you to get fit or stay fit if you already are?
  
5. How do you see yourself physically in 1, 5, 10, 15, 25 years? What will you look like? What do you want to look like? (Think about how your parents and grandparents look now and their current health conditions.)
6. What inspirational quotes or words of wisdom will motivate and encourage you to eat healthy and be physically active. For example, "Just do it!", "Got Milk?".
7. What healthy recipes do you enjoy preparing that will help motivate you to eat healthy? Share ideas.

**Now, individually brainstorm the following information:**

What steps do I need to take to achieve my healthy eating goals? Fitness Goals? Healthy body goals? 2. Think about the possible "roadblocks" that might keep you from accomplishing your goals. How will you deal with them? Ex. Pressure to stray from your plan because of yourself, peers, parties, time, etc. 3. Set up some deadlines in small increments to help meet your larger goals in terms of healthy eating, exercise, becoming or staying fit. What do I want to accomplish today? Next week? Next month? One year from now? 4. How will you evaluate your progress? This is important especially if you would need to redefine your goals.

**Vision Board Assignment:**

Step 1: Go through magazines and cut out pictures that relate to your personalized Canada Food Guide and brainstormed information gathered previously **OR** go online and print out pictures, words and phrases you like that help paint a picture of your goals **OR** save them in a file on your computer. This is just the collection phase...no gluing yet! Keep your images and phrases and words in an envelope or folder on your computer for future use.

I used the following website <http://www.photocollage.net/> to make the collage below. Click on "Create online photo collages". Drag and drop your pictures. Insert text. You can save it as a jpeg and upload it in the course by clicking on file and then saving as...

Step 2: Go through everything you cut out and begin to lay your favorites on the board. The favorites chosen should reflect the theme of your board; in this case it is "My Healthy

Exercise and Eating” theme. At this point you can segment your board by specific areas, have it tell a story or be completely innovative and creative in your layout.

Step 3: Find, type or write some inspirations or words of wisdom that correspond with your healthy exercise, and eating theme. These should help you stay focused and help keep you motivated as you try to reach your goals.

Step 4: Glue everything onto the board. Add writing if you want. You can paint on it or write words with markers. You can do this in a digital format as well

Step 5: Write at least one solid, detailed paragraph describing the healthy eating & exercise goals from your vision board pictures and phrases.

Step 6: Upload your vision board and written paragraph

Step 7: Hang your vision board in a place where you will see it often. Focus on it for several minutes various times throughout the day to help remind you of the goal(s) you are trying to achieve.

