

Small Steps to Health and Wealth™ Colorado

Energy and Money Balance Worksheet



Strategies to Increase/Decrease My Calorie Intake:

Order a smaller size coffee latte than I have been buying

Strategies to Increase My Physical Activity:

Try to walk for 10 minutes, 3 times a day

Strategies to Increase My Income:

Participate in a flexible spending account for health care expenses to reduce my taxes

Strategies to Decrease My Expenses:

Track my household expenses for two months and look for categories that can be reduced