**Daily Plan**

1. **Drink water instead of sugary drinks.**
2. **Make half your plate fruits and vegetables.**
3. **Eat 3½ cups of rainbow-colored vegetables a day.**
4. **Less than 2,300 mg. of sodium.**
   - To determine 10% of your body weight, do the math:
     - (your weight in pounds) x .10 = your 10% weight loss goal (in pounds)
5. **Avoid oversized portions.**
6. **Switch to fat-free or low-fat milk (1%).**
7. **Talk with your doctor before you start any weight loss program.**
8. **Pledge to lose 10%.**
9. **Strive for 7-8 hours of sleep per night.**
10. **Make at least half your grains whole grains.**
11. **20 to 30 minutes of aerobic exercise per day.**
12. **3,500 calories = 1 pound of fat**
   - (reduce intake by 500 calories per day to lose 1 pound a week)
13. **The 4 key health measures closely linked to chronic disease.**
   - Weight and Body mass index
   - Blood pressure
   - Cholesterol level
   - Blood sugar level
Pledge to lose 10% of your body weight and we’ll help guide you. Losing just 10% can decrease risk factors for chronic disease by improving heart and immune system health, as well as providing other health benefits.

To determine 10% of your body weight, do the math: (your weight in pounds) x .10 = your 10% weight loss goal (pounds).

Take the pledge online at www.michigan.gov/mihealthiertomorrow or scan the QR code below to go directly to the mobile pledge.

After taking the pledge, we will send you a free MI Healthier Tomorrow kit to get you started on your weight loss journey.

The kit includes a guide for healthy supermarket shopping, a food and exercise log, a colorful poster with helpful tips and much more. You can also sign up to receive emails or mobile messages twice a month with tips to help you reach your goals.

Pledge to get healthier, Michigan. One day at a time.