LiSM10! Commitment sheet

Let's commit to health goals that you will try to implement.

I promise to carry out the following physical activities and the dietary action plans to realize the goals of improvement.

Physical activity action plan

Check!	times per week	Achievement
□	7	I will count the number of steps.
□	7	I will walk [ ] steps or more a day (target number of steps per day).
□	( )	
□	( )	(e.g., Plan the number of steps to be taken or exercises to be performed with family

Dietary habits action plan

Foods to be increased

Check!	times per week	Achievement
□	7	I will count the healthy foods I eat, such as Japanese dishes.
□	7	I will eat more green and deep yellow vegetables.
□	7	I will eat more light-colored vegetables.
□	7	I will eat more fish.
□	7	I will eat more soy and soy products.
□	7	I will eat more mushrooms, seaweed, and konjac.
□	7	I ( )

Foods to be decreased

Check!	times per week	Achievement
□	7	I will eat fewer large servings of grains such as rice, bread and noodles.
□	7	I will eat fewer sweets and pastries.
□	7	I will drink fewer sugary drinks.
□	7	I will eat fewer fatty meats.
□	7	I will eat fewer meat products.
□	7	I will eat less butter, margarine, dressing, and mayonnaise.
□	7	I will eat fewer eggs and liver.
□	7	I will eat fewer fried foods.
□	7	I will eat fewer pickles.
□	7	I will drink less soup.
□	( )	I
□	( )	
□	7	I will record the amount of alcohol I consume (number of drinks per day).
□	7	I will not drink more than [ ] alcoholic drinks per week. (1 drink is equivalent to 20 g of alcohol intake)

Commitment day , , Signature

Health goals

	Degree of obesity				Blood pressure		Lipid parameter			Impaired glucose tolerance				Liver function			Uric acid
	Height	BW	BMI	AC	SBP	DBP	TG	HDL-C	LDL-C	Fasting glucose level	HbA1c	Serum insulin level	HOMA-R	AST	ALT	γ-GTP	Uric acid
Checkup value																	
Recom-mended value																	
Check!																	

SAMPLE