



Unofficial Visits – Workshop 2

Build Your Healthy College Day

Work with your Big to plan a balanced, healthy day for a college student!

Meals for the Day

Circle or write your ideas in each box — aim for a mix of fruits, veggies, protein, grains, and fun too!

Breakfast:

Lunch:

Dinner:

Snack:



Wellness Choices

Choose **two** wellness activities that help you feel your best:

- ☐ Take a walk outside
- ☐ Join a group fitness class
- ☐ Journal or reflect
- ☐ Stretch or do yoga
- ☐ Eat a healthy meal
- ☐ Talk with a friend
- ☐ Listen to music
- ☐ Other: _____

Why it Matters

Pick one healthy choice you made above and explain how it helps your body or mind:

My Healthy Habit Goal

What's one habit you want to try this week?

"I want to _____ because
_____."