



 Strength: 2-3 days/week


 Cardio: 2-3 days/week


 Stretch: 1-7 days/week


**A handy guide to serving sizes**

 Fruits & veggies – a fist


 Whole grains/beans – .5 a fist


 Fish & poultry – a palm


 Nuts – a handful


 Nut butters – two thumbs








**Standard drinks**

 Beer: 12oz

 Malt liquor: 8oz

 Wine: 5oz





 Hard liquor: 1.5oz

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## Alcohol

Note the number of standard drinks you have each day

Standard Drink	# of standard drinks in:
<b>Beer or Cooler</b>	
 12 oz	12 oz = 1 16 oz = 1.3 22 oz = 2 40 oz = 3.3
<b>Malt Liquor</b>	
 8 oz	12 oz = 1.5 16 oz = 2 22 oz = 2.5 40 oz = 4.5
<b>Wine</b>	
 5 oz	750mL (25 oz) bottle = 5
<b>Hard Liquor (80-proof Spirits)</b>	
 1.5 oz shot	a mixed drink = 1-3 a pint (16 oz) = 11 a fifth (25 oz) = 17 1.75L (59 oz) = 39


## Tobacco


Check the box on each day that you use any type of tobacco product.


Below, please check which type(s) of tobacco you use.

- ☐ Cigarettes
- ☐ Cigars
- ☐ Little cigars, cigarillos (Black and Mild, Swisher Sweets)
- ☐ Vaping (Vape Pen, Juul, e-Hookah, Hookah Pen)
- ☐ Waterpipes (Hookah, Shisha, Narghile, Argileh)
- ☐ Chewing tobacco or snuff or snus





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
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
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