

# Letter to Myself

## Sample

I have learned that I can do many things to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to care for my heart:

1. At work, I will use the stairs instead of taking the elevator.
2. I will eat 2 cups of fruit (an orange and an apple) every day.
3. When eating out, I will choose foods that are baked, broiled, or grilled.
4. I will switch to reduced-fat (2%) milk for 1 month, then to low-fat (1%) milk for 1 month, and finally to fat-free milk.
5. I will have my blood pressure checked at the local clinic.

Signed Roberto García

Date 1/30/2008