

College Transition CHECKLIST

Staying Healthy

Healthy adult living starts in the dorm room. Knowing the basics about making satisfying and nutritious meals (not to mention how to boil water) will give you an advantage in college and beyond.

- Create a weekly menu
- Shop for ingredients
- Master making a couple of meals
- Balance indulgences & healthy choices
- Set a daily water intake goal
- Incorporate exercise into your routine

