Contents of the TAKE10!® booklet

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- Before starting the exercise
- When you go for a walk
- Eat many kinds of foods
- Let's start the TAKE10!® Exercise!
- The 1st day Learn it!
- The 2nd day Learn it!
 - Eat 10 different food groups a day
- The 3rd day Learn it!
 - Enjoy your diet with someone else
- The 4th day Learn it!
 - Dietary guidelines for long and happy life
- The 5th day Learn it!
- The 6th day Learn it!
 - Use a microwave oven

- The 7th day Learn it!
 - Don't be embarrassed about incontinence
- The 8th day Try it! On the floor
 - Chewing and swallowing to enjoy your meal
- The 9th day Try it!
 - While watching TV
 - Tongue exercise to enjoy your meal
- The 10th day Gaining more understanding
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 - Recommendations for safe food preservation
 - Food with health claims
- TAKE10!® Check Sheet
- Examples for 10 foods groups
- TAKE10!® Calendar
- Ms. Tenko's upgraded version