

Utah Cancer Control Program (UCCP) Encourages Women to



# *Tracker*



# Table of Contents



Table of Contents	1
Introduction	2
Drink to Be Healthy	3
Healthy Eating Guidelines	4
What is a Serving?	5
Why Breakfast?	6
Updated Guidelines for Physical Activity	7
Your Workout	8
Physical Activity in the Heat	9
Why Weigh?	10
Weight Change Chart (Sample)	11
Nutrition & Physical Activity Tracker (Sample)	12
Nutrition & Physical Activity Tracker	14
Weight Change Chart	66

# Introduction

This planner and log was created to help you reach your health goals. Whether your goal is to run a marathon, lose 20 pounds, or eat 9 servings of fruits and veggies every day, this tracker can help. Here's how it works:

## The Healthy Eating Tracker

Each day you record your breakfast, how many whole grains, fruits, and vegetables you ate, and how many glasses of water you drank. You can read more about eating healthy on pages 3-6.

## The Physical Activity Tracker

Before your week starts, plan ahead by penciling in your activity plan. Once your activity is complete, record what you did each day.

This tracker provides a place for you to record information about your workout or physical activity:

- The type of activity you completed
- How far or how long you did the activity
- Comments or notes about your activity/workout
- How you felt during your activity or workout

Rating your workout as a "smiley", "neutral", or a "bad day" workout is a simple way to see how your exercise program is going.



We hope this tracker helps you keep your healthy eating and exercise goals!



# Drink to Be Healthy

Water covers over half the planet, makes up most of our body weight, and is the most essential nutrient for life.

## Water Functions

Water helps you breathe, bat an eyelash, flex your muscles, regulate your body temperature, convert food into energy, and have healthy skin.

## Water Facts

- Blood is 82% water
- Muscle is 70% water
- Fat is 25% water
- All cells in your body are made up of some amount of water.
- Even mild dehydration, as little as a 1-2% loss of body weight as water, can sap your energy and make you lethargic.
- Most adults lose 10 cups of fluid a day through sweating, exhaling, urinating, and bowel movements.
- A 2-4% loss of body weight as fluid can slightly reduce resting metabolic rate.

## Staying Hydrated

Lack of thirst is not a reliable indicator of hydration. Our fluid needs are sensed in our brain in response to changes in blood volume, and then thirst signals are triggered. By this time 1-2% of the body's weight in fluid has been lost. You need to drink before you are thirsty to prevent dehydration.

Signs of Dehydration:

- Dry lips and tongue
- Weakness, dizziness, or exhaustion
- Nausea or headache
- Thirst
- Urine that is any shade darker than light, pale yellow
- Fewer visits to the bathroom

## Creative Ways to Get Your Fluids:

	<u>Calories (per 8oz)</u>	<u>Carbs (gm)</u>
Water with lemon	0	0
Water with lime	0	0
Crystal Light (.06 oz powder)	4	1
Snapple Diet Pink Lemonade	8	2
Propel	10	2
Tomato juice	40	10

# Healthy Eating Guidelines

## Dietary Guidelines


A "healthy diet" is one that:

- Emphasizes fruits, vegetables, whole grains, and calcium-rich foods
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within daily calorie needs

**MyPyramid** is a guide to help you choose foods to meet your nutrient needs while staying within your calorie limits. The 5 MyPyramid food groups are Grains, Vegetables, Fruits, Milk (calcium-rich foods), and Meat and Beans.

The recommended servings listed in the chart on the right would amount to eating 2,000 calories. Calorie needs are different for everyone.

Create a personalized healthy eating plan at [www.MyPyramid.gov](http://www.MyPyramid.gov)

	<b>Grains:</b> Six 1-ounce servings and make half your grains whole.
	<b>Vegetables:</b> 2 1/2 Cups.
	<b>Fruits:</b> 2 Cups.
	<b>Calcium-rich Foods:</b> 3 Cups.
	<b>Meat and Beans:</b> Six 1-ounce equivalents.

# What is a Serving?

Food Group	Servings Per Day*	Serving Size Examples
Grains	Six 1-ounce Servings	1 ounce of grains is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal.
Vegetables	5 Servings	1/2 cup steamed broccoli, 1/2 cup baby carrots, 1/2 baked potato or sweet potato, 1/2 cup corn or 1/2 ear of corn, 1 cup chopped leafy green (romaine, spinach, or other), 1/2 cup fat-free refried beans, 1/2 cup split peas or other lentil, 1/4 of a whole avocado, 3/4 cup vegetable juice (low-sodium)
Fruits	4 Servings	1/2 banana 1/2 cup grapes 1/2 cup blueberries, blackberries, cherries, or strawberries 1 medium apple, orange, peach, pear, nectarine, plum, or other whole fruit 1/4 cup dried fruit (cranberries, raisins, apples, mango, papaya, etc.) 1/2 cup frozen fruit, thawed or blended in a smoothie 1/2 cup 100% fruit juice (no sugar added)
Calcium-rich Foods	3 Servings	1 cup skim, 1%, calcium-fortified soy or rice milk 1/3 cup low-fat or soy cheese 1 cup low-fat or soy yogurt
Meats & Beans	Six 1-ounce Servings	(Keep in mind that the size of a deck of cards represents about 3 ounces.) 1 ounce = 1 egg, 1 tablespoon peanut butter, 1/2 ounce nuts, 1/4 cup dry beans, 1 ounce chicken breast, 1 ounce pork tenderloin, 1 ounce red meat, 1 ounce fish, or 1 ounce other meat.

\*Based on a 2,000 Calorie Diet

# Why Breakfast?

Breakfast is the most important meal of the day. Here's why: the human brain needs glucose. All carbohydrates, whether from grains, beans, fruits, veggies, or dairy, are broken down into glucose. That glucose is then used by the brain.

During sleep, the liver releases glucose to keep blood sugar levels regulated during the night. By morning, the liver has used up all of its glucose stores. If you skip breakfast, there will be no carbohydrates to break down into glucose, and therefore no fuel for your brain, making it hard to think.

Researchers have discovered that "breakfast skippers" feel tired, irritable, or restless in the morning.

People who eat breakfast. . .

- have better attitudes toward work or school
- are more productive in the late morning
- are better able to accomplish tasks that require memory
- have more strength and endurance
- have better concentration and problem solving ability

Muscles need glucose too. It may not seem like much effort, but walking from your house to the car is possible only because glucose provides energy in muscle. Morning exercisers have an even greater need for glucose and breakfast is a must either before or right after working out!

## **Breakfast can be quick and easy. Here are 10 one-minute breakfast ideas:**

1. Ready-to-eat cereal topped with sliced banana, sunflower seeds, and yogurt
2. Bran muffin and yogurt topped with berries
3. Peanut butter or hummus on whole wheat toast or soft tortilla and milk
4. Instant oatmeal topped with dried cranberries
5. Breakfast smoothie [blend together your choice of fruits and milk (or yogurt), cinnamon, and ice cubes for a fast, nutritious breakfast]
6. Heated leftover rice with chopped apples, nuts, cinnamon, and fruit juice
7. Lean ham or deli meat on a toasted English muffin and vegetable juice
8. Toasted whole wheat waffle topped with spreadable fruit and chopped nuts
9. A hard-cooked egg sliced on 1/2 bagel with a slice of tomato and lettuce and grapes
10. Ready-to-eat cereal with blueberries and milk or soymilk

# Updated Guidelines for Physical Activity

Regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all.

Your health benefits will also increase with the more physical activity that you do.

*2008 Physical Activity Guidelines for Americans*

Guidelines to maintain health and reduce the risk of chronic disease:			
	Activity	Intensity	Length of Time per Week
Adults	Aerobic Exercise or Muscle Strengthening*	Moderately Intense	150 minutes or 2 hours 30 minutes 2 or more days per week
	Aerobic Exercise or Muscle Strengthening*	Vigorously Intense	75 minutes or 1 hour 15 minutes 2 or more days per week
	Activity	Intensity	Length of Time per week
For Greater Health Benefits	Aerobic Exercise or Muscle Strengthening*	Moderately Intense	300 minutes or 5 hours 2 or more days a week
	Aerobic Exercise or Muscle Strengthening*	Vigorously Intense	150 minutes or 2 hours 30 minutes 2 or more days per week
<p>* Muscle Strengthening: Work all major muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms. To gain health benefits, muscle strengthening activities need to be done to the point where it's hard to do another repetition without help. A repetition is one complete movement or an activity, like lifting a weight or doing one sit-up.</p>			

# Your Workout

## What is aerobic activity?

Aerobic activity, or “cardio”, gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you’re doing them at a moderate or vigorous intensity for at least 10 minutes at a time.

For most people, light daily activities such as shopping, cooking or doing the laundry don’t count toward the guideline. Why? Because your body isn’t working hard enough to get your heart rate up.

## What intensity level is your workout?

Moderate-intensity aerobic activity means that you are working hard enough to raise your heart rate and break a sweat. One way to tell is that you’ll be able to talk, but not sing the words to your favorite song. Some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with a few hills
- Playing doubles tennis
- Pushing a lawn mower

Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your heart rate has gone up quite a bit. If you’re working at this level, you won’t be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

## What is muscle-strengthening?

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

There are many ways you can strengthen your muscles, whether it’s at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (push ups or sit ups)
- Heavy gardening (digging, shoveling)
- Yoga

# Physical Activity in the Heat

Your body produces about 10 times more heat when you're physically active than when you're resting. On cool days, this excess heat routinely dissipates via sweating. On hot, humid days, however, when the sun bakes your body and the humidity interferes with sweat evaporation, cooling becomes far more difficult.

The main problem during hot-weather physical activity is the "argument" between your skin and your muscles. Your muscles cry out for more blood to supply them with the oxygen and fuel they need. At the same time, your skin is asking your heart to send more blood in its direction. Unless the blood transports the muscle-generated heat to the skin's surface, you'll overheat like a clogged car radiator in Death Valley. Your heart, caught in the middle of these demands, must beat harder (which is why heart rates go up during hot-weather physical activity).

There's another reason your heart hates the heat: So much water can be lost through your sweat glands that the total amount of blood in your arteries and veins may actually drop. The heart then has less blood to work with, which forces it to beat harder still.

Here's a safe method for getting used to the heat. When the hot weather arrives, start out your activity at an easy, comfortable pace for 15 to 20 minutes. Each subsequent day, lengthen these easy sessions by 5 to 10 minutes until you can exercise fairly comfortably for your normal exercise time. Estimated acclimation time: 8-10 days.

Finally, remember these trusty hot-weather tips: Drink plenty of water each day to maintain your blood volume, and take in 4-8 ounces of fluid every 15 minutes during physical activity. If you feel dizzy or light-headed during physical activity, stop immediately!

—Adapted from *Owen Anderson's Physical Activity Research News*

## **Wear Sunscreen**

If you are an outdoor exerciser, choose an alcohol or water-based sunscreen. Oil-based sunscreens do not allow sweat to evaporate as well. Use a minimum SPF of 30 and reapply often – the same goes for waterproof sunscreens.



# Why Weigh?

If you are trying to lose weight or prevent weight gain you may want to weigh yourself weekly. Self-weighing is a useful tool to help prevent weight gain and lose weight.

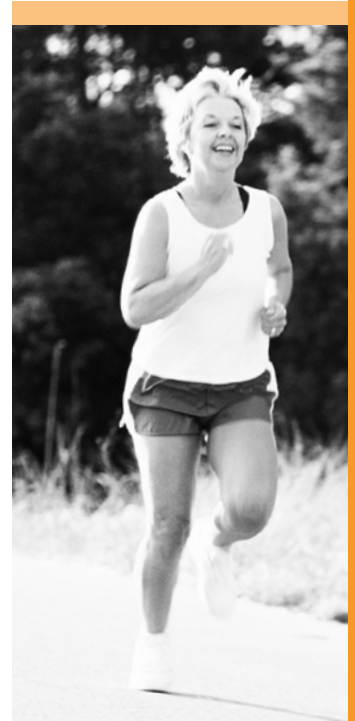
Your weight will naturally change from day to day. Day-to-day changes can be frustrating: setting aside one day of the week for your weekly weigh-in may help you get a better view of the overall picture.

First, you will want to pick your weigh-in day. No matter which day you select, it's wise to weigh yourself:

1. at the same time of day
2. after you have used the bathroom, and
3. wearing the same amount of clothing.

Record your weight on the graph on the back page in your tracker. Tracking your weight can help you spot trends in weight fluctuations and increase motivation as you see the line start to decline.

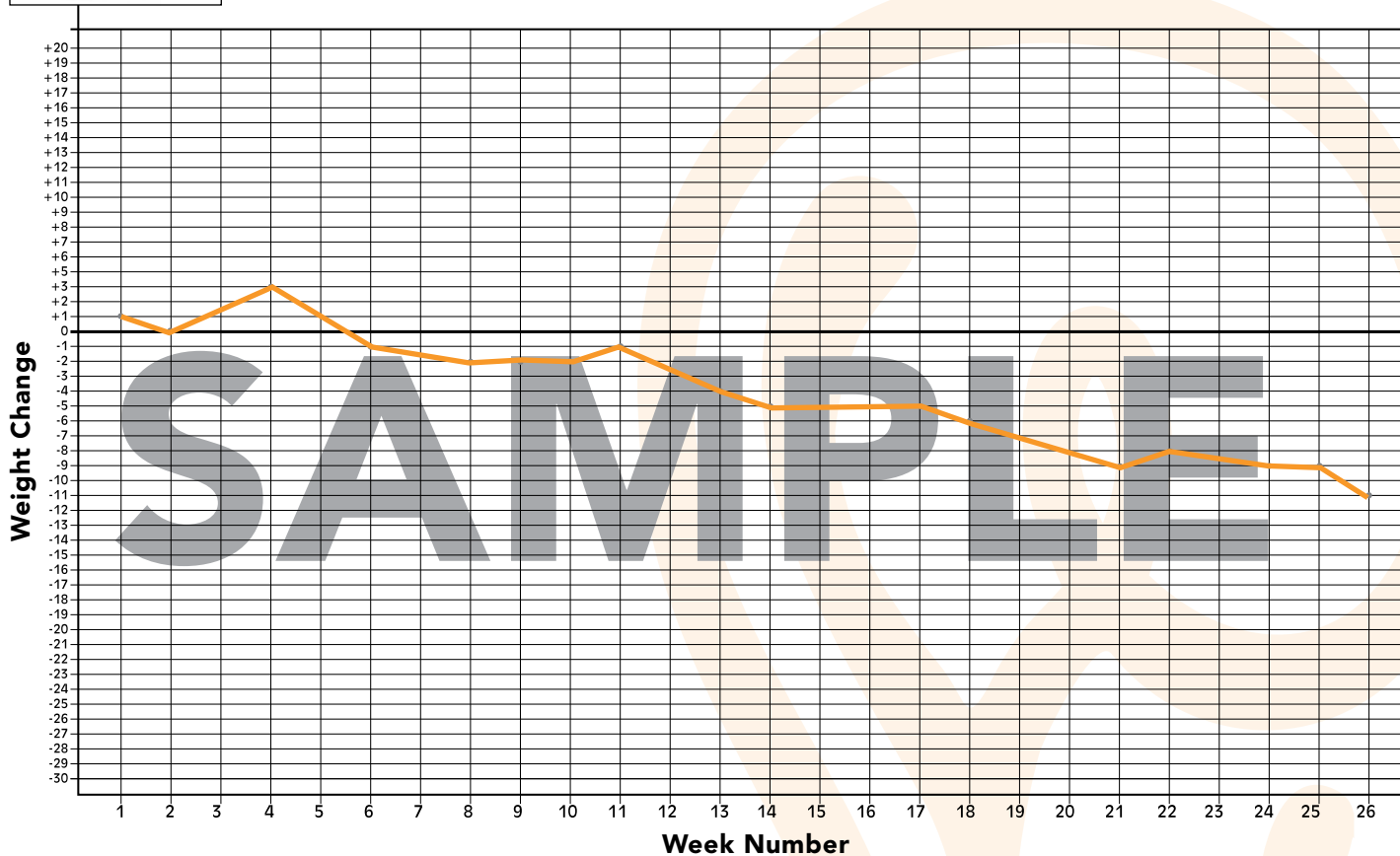
Enter your starting weight in the box. As you use your tracker and the weeks progress, you can graph how your weight changes from your starting weight.



Starting Weight:

143

# Weight Change Chart



# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
	143						
2 / 9 MONDAY	143	<input checked="" type="checkbox"/> Yes	<del>0</del> 00 3 Servings	<del>0</del> <del>0</del> 00 4 Servings	<del>0</del> <del>0</del> <del>0</del> 0 5 Servings	<del>0</del> <del>0</del> <del>0</del> <del>0</del> 00 6-8 Servings	<input type="checkbox"/> No
2 / 10 TUESDAY		<input type="checkbox"/> Yes	<del>0</del> 00 3 Servings	<del>0</del> 0000 4 Servings	<del>0</del> <del>0</del> <del>0</del> 00 5 Servings	<del>0</del> <del>0</del> <del>0</del> 0000 6-8 Servings	<input checked="" type="checkbox"/> No
2 / 11 WEDNESDAY		<input checked="" type="checkbox"/> Yes	<del>0</del> <del>0</del> 0 3 Servings	<del>0</del> <del>0</del> 00 4 Servings	<del>0</del> <del>0</del> 0000 5 Servings	<del>0</del> <del>0</del> <del>0</del> 0000 6-8 Servings	<input type="checkbox"/> No
2 / 12 THURSDAY	144	<input checked="" type="checkbox"/> Yes	<del>0</del> <del>0</del> <del>0</del> X 3 Servings	<del>0</del> <del>0</del> <del>0</del> 0 4 Servings	000000 5 Servings	<del>0</del> <del>0</del> <del>0</del> <del>0</del> 00 6-8 Servings	<input checked="" type="checkbox"/> No
2 / 13 FRIDAY		<input checked="" type="checkbox"/> Yes	<del>0</del> 00 3 Servings	<del>0</del> 0000 4 Servings	<del>0</del> <del>0</del> <del>0</del> 00 5 Servings	<del>0</del> <del>0</del> <del>0</del> 0000 6-8 Servings	<input checked="" type="checkbox"/> No
2 / 14 SATURDAY	141	<input checked="" type="checkbox"/> Yes	<del>0</del> <del>0</del> <del>0</del> 3 Servings	<del>0</del> <del>0</del> <del>0</del> <del>0</del> 4 Servings	<del>0</del> <del>0</del> <del>0</del> 00 5 Servings	<del>0</del> <del>0</del> <del>0</del> <del>0</del> 00 6-8 Servings	<input type="checkbox"/> No
2 / 15 SUNDAY	141	<input type="checkbox"/> Yes	<del>0</del> <del>0</del> 0 3 Servings	<del>0</del> <del>0</del> 00 4 Servings	<del>0</del> <del>0</del> 0000 5 Servings	<del>0</del> <del>0</del> <del>0</del> <del>0</del> 00 6-8 Servings	<input type="checkbox"/> No
	+/- -2						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: 5

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
2/9 MONDAY	Yoga	20 min.	yoga	35 min.	Finally attended yoga. Fun! ☹️ 😊 ☹️
2/10 TUESDAY	Run	40 min. 3 1/2 miles	Ran	28 min. 3 mi.	Jogged at Red Butte w/ my dogs. ☹️ 😊 ☹️
2/11 WEDNESDAY	Lift	30 min.	no time		Didn't get to lift today. 😊 ☹️ ☹️
2/12 THURSDAY	Bike	30 min. 6 miles	biked	25 min. 6 mi.	Biked in my neighborhood. 😊 ☹️ ☹️
2/13 FRIDAY	Day off		walk	23 min. 2 mi.	walked w/ co-workers. Slow, but nice to get out. ☹️ 😊 ☹️
2/14 SATURDAY					😊 😊 ☹️
2/15 SUNDAY	Run	40 min. 3 1/2 miles	Ran	46 min. 5.5 mi.	Met Sunday running group's Ran trail in the rain and cold. 😊 😊 ☹️
TOTAL:			TOTAL:		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

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Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

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Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

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/ MONDAY					😊 😐 😞
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/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
MONDAY		Yes					
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
TUESDAY		Yes					
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
WEDNESDAY		Yes					
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
THURSDAY		Yes					
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
FRIDAY		Yes					
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
SATURDAY		Yes					
/		<input type="radio"/>	○○○ 3 Servings	○○○○ 4 Servings	○○○○○ 5 Servings	○○○○○○○ 6-8 Servings	<input type="radio"/> No
SUNDAY		Yes					
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/					😊 😐 😞
MONDAY					
/					😊 😐 😞
TUESDAY					
/					😊 😐 😞
WEDNESDAY					
/					😊 😐 😞
THURSDAY					
/					😊 😐 😞
FRIDAY					
/					😊 😐 😞
SATURDAY					
/					😊 😐 😞
SUNDAY					
TOTAL:			TOTAL:		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

# Nutrition Tracker

Month/Date	Weight	Breakfast	Whole Grains*	Fruits*	Vegetables*	Water*	After Dinner Eating
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
MONDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
TUESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
WEDNESDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
THURSDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
FRIDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SATURDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
/		<input type="radio"/>	○○○	○○○○	○○○○○	○○○○○○○	<input type="radio"/>
SUNDAY		Yes	3 Servings	4 Servings	5 Servings	6-8 Servings	No
	+/-						

\*Serving Amounts Per Day

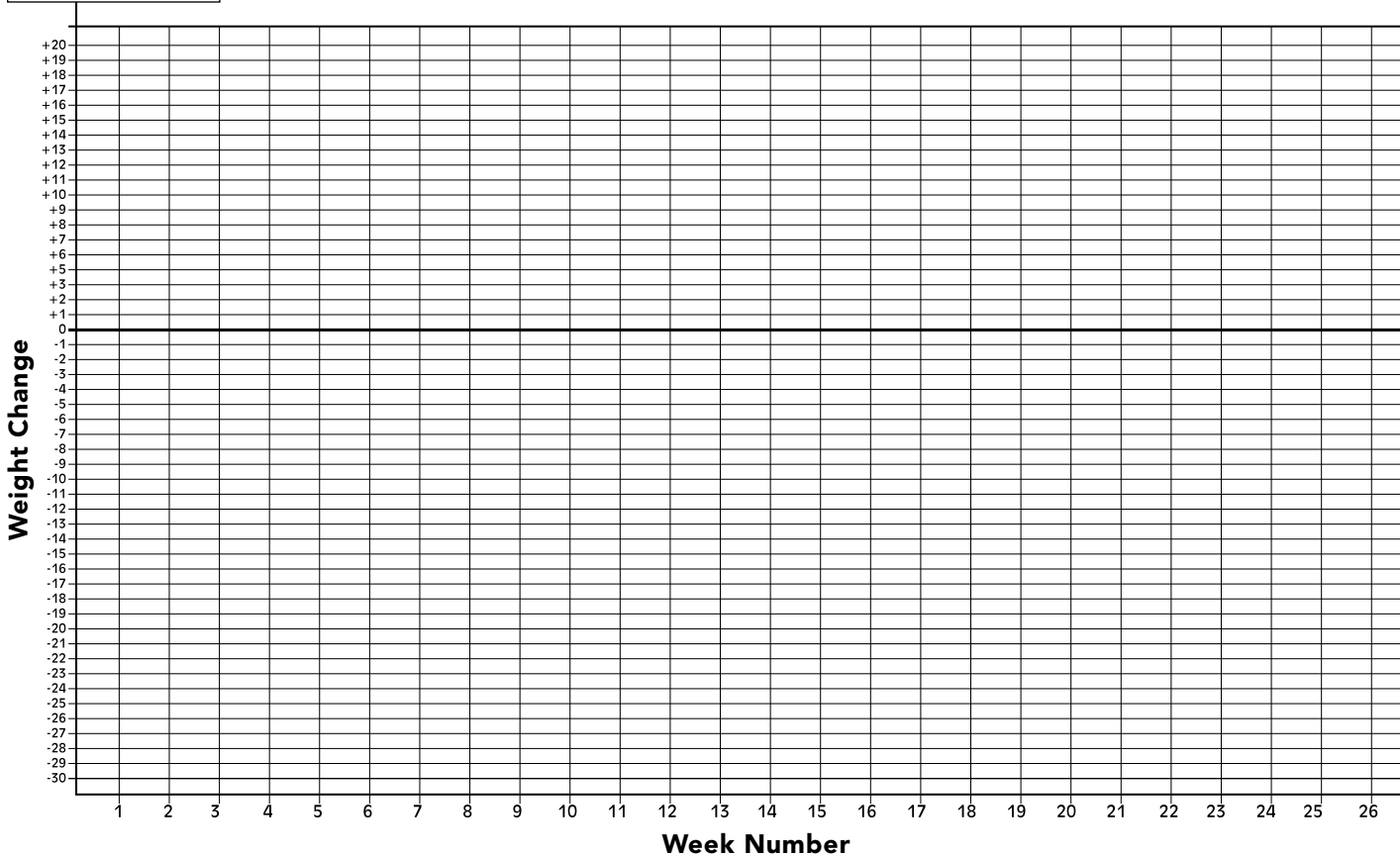
# Physical Activity Tracker

Week: \_\_\_\_\_

Daily Goals (Planned Activities)		Daily Records (Performed Activities)			
Month/Date	Activity	Time (min.) & Distance	Activity	Time (min.) & Distance	Notes/Comments
/ MONDAY					😊 😐 😞
/ TUESDAY					😊 😐 😞
/ WEDNESDAY					😊 😐 😞
/ THURSDAY					😊 😐 😞
/ FRIDAY					😊 😐 😞
/ SATURDAY					😊 😐 😞
/ SUNDAY					😊 😐 😞
<b>TOTAL:</b>			<b>TOTAL:</b>		

Starting Weight:

# *Weight Change Chart*





**Choices for Healthy Living**  
**Be Active, Be Healthy, BeWise!**



This brochure was created by Healthy Utah and PEHP.  
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