

Physical Activity and Healthy Eating Monthly LOG

Keep track of healthy eating and personal activity to achieve your goals!

Month: _____

Weight: _____

Weekly Physical Activity Goal: _____ Weekly Healthy Eating Goal: _____

Week 1: Day	1	2	3	4	5	6	7
Minutes of Physical Activity							
Number of Fruits & Veggies							

Weekly Physical Activity Goal: _____ Weekly Healthy Eating Goal: _____

Week 2: Day	1	2	3	4	5	6	7
Minutes of Physical Activity							
Number of Fruits & Veggies							

Weekly Physical Activity Goal: _____ Weekly Healthy Eating Goal: _____

Week 3: Day	1	2	3	4	5	6	7
Minutes of Physical Activity							
Number of Fruits & Veggies							

Weekly Physical Activity Goal: _____ Weekly Healthy Eating Goal: _____

Week 4: Day	1	2	3	4	5	6	7
Minutes of Physical Activity							
Number of Fruits & Veggies							

Congratulations and keep up the Healthy Eating and Physical Activity!

gethealthyclarkcounty.org

GET MOVING. BE SAFE. EAT BETTER. LIVE SMOKE-FREE.

Beginning Date:

Ending Date:

Height: _____

BMI: _____

Inches: _____

Thighs: _____

Arms: _____

Calves: _____

Waist: _____

Hips: _____
