INDIVIDUAL LOG

Friends, Family & Fitness

Name:_____Team Name:_____

Directions: Everyday add a tally mark every time you consume 1 serving of fruits and vegetables. Then fill in the type of activity and log how many minutes you spent on each exercise. At the end of the week tally up your totals. Print 4 of these worksheets for tracking throughout the program.

Week #___

	Vegetable Servings	Fruit Servings	Activity	Minutes of Activity
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total:				

Week #___

Vegetable Servings	Fruit Servings	Activity	Minutes of Activity