## LIFT INDIVIDUAL LOG: PHYSICAL ACTIVITY & FRUIT/VEGETABLE CONSUMPTION

Name:	LIFT Leader:
Directions: every day, circle the minutes and	upo of physical activity as well as your convings of fruits and

Directions: every day, circle the minutes and <u>type</u> of physical activity as well as your servings of fruits and vegetables consumed. For example, if you biked for ten minutes you would circle 10 and the bike icon.

	WEEK#_	VEEK #					WEEK #				
	Veggies	Fruit	Actvity	Minutes		Veggies Fruit		Activity	Minutes		
Monday	* * *		Other	5 3	25 30 0+	< <		Ø√o	0 25 5 30 10 30+ 15 20		
Tuesday	* * *		Other	5 3	25 30 0+	* * *		Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø	0 25 5 30 10 30+ 15 20		
Wednesday	* *		Other	5 3	25 30 0+	< < <		♣ Other	0 25 5 30 10 30+ 15 20		
Thursday	* * *		Other	5 3	25 30 0+	* *		€ € € € € € € € € € € € € € € € € € €	0 25 5 30 10 30+ 15 20		
Friday	* * * * *	66	Other	5 3	25 30 0+	* *	<b>6 6</b>	Ø₹ Ø₹ Other	0 25 5 30 10 30+ 15 20		
Saturday	* *	<b>6</b>	Other	5 3	25 30 0+	* *		Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø	0 25 5 30 10 30+ 15 20		
Sunday	* * *		Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø	5 3 10 3 15 20	25 30 0+	* * *	666	♣ ♣ ♠ Other	0 25 5 30 10 30+ 15 20		
	Veggies	Fruit	Actvity	Minutes		Veggies	Fruit	Activity	Minutes		
Total:											