## INDIVIDUAL LOG



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