

Name: \_\_\_\_\_

Female: 51 and older



Dates: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity:</b> 150 minutes moderate exercise= <b>25 pts</b>	Minutes_____	Minutes_____	Minutes_____	Minutes_____	Minutes_____	Minutes_____	Minutes_____
<b>Fruits:</b> 1 ½ cups=3 pts	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups
<b>Vegetables:</b> 2 cups= <b>3 pts</b>	2 cups	2 cups	2 cups	2 cups	2 cups	2 cups	2 cups
<b>Water:</b> 1 cup= <b>1 point</b> <b>Total of 8 pts</b>	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8

Totals:

Activity: \_\_\_\_\_ Fruits: \_\_\_\_\_ Vegetables: \_\_\_\_\_ Water: \_\_\_\_\_

Bonus Points:      Turn in Form: 1 point      Weekly Activity Points: 5 points

Name: \_\_\_\_\_

Female: 51 and older