

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

Male: 31-50 years of age



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> 2 cups=3 pts	2 cups	2 cups	2 cups	2 cups	2 cups	2 cups	2 cups
<b>Vegetables:</b> 3 cups=3 pts	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
<b>Water:</b> 1 cup =1 pts <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: Cardio:\_\_\_\_\_ Fruits:\_\_\_\_\_ Vegetables:\_\_\_\_\_ Water:\_\_\_\_\_

Strength:\_\_\_\_\_

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

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