

Name: _____

Female: 31-50 years of age



Dates: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity: 150 minutes moderate exercise= 25 pts	Minutes_____	Minutes_____	Minutes_____	Minutes_____	Minutes_____	Minutes_____	Minutes_____
Fruits: 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
Vegetables: 2 ½ cups= 3 pts	2 ½ cups	2 ½ cups	2 ½ cups	2 ½ cups	2 ½ cups	2 ½ cups	2 ½ cups
Water: 1 cup= 1 point Total of 8 pts	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: 31-50 years of age