GOAL TRACKER WEEK 1

RAN	1 1		A I
M١	rl	1 L	) A I

☐ Keep a food diary for 100 days

☐ Take 30 minutes for yourself, four times a week

☐ Eat a half plate of fruits and veggies for lunch and dinner each day

☐ Take 10,000 steps a day, five days a week

☐ Get a physical and talk to your doctor to set heart-healthy goals

- **Be honest.** You don't need to impress anyone. You just need an accurate account of your daily choices.
- **Be complete.** Write down everything that will help you track your goal and see your progress.
- **Revisit your goals.** Remember where you're headed, and keep at it. Day by day, you CAN improve your habits and your health.

DAY 1	Date:	(circle one) <b>S</b>	5	M	T V	V	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast										ď	W	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
	<u>'</u>											
DAY 2	Date:	(circle one) <b>S</b>	5	M	T V	V	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast										ď	W.	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
										'		
DAY 3	Date:	(circle one) <b>S</b>	5	M	T V	V	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast										Ò	V	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:

DAY 4	Date:	_ (circle	one) <b>S</b>	МТ	w	T F	S			
Meal	Food item (portion size)							½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast								ď	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 5	Date:	_ (circle	one) <b>S</b>	МТ	w	T F	S			
Meal	Food item (portion size)							½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast								ď	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 6	Date:	(circle	one) <b>S</b>	M T	w	T F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								ď	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 7	Date:	(circle	one) <b>S</b>	МТ	w	T F	S			
Meal	Food item (portion size)							½ Plate	e of Veggies	Time for Yourself
Breakfast								ď	W	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks									'	Total:
Have district	, de Abie made 2 T III					ا باد دا				41
Food Diary	<pre>I do this week? Tally your s 1/2 Plate Fruits/Ve</pre>			<u> </u>		is this		and track you linutes to Se	, ,	ress over time.  Get Physical
Toou Dialy	72 Flate Fluits/ve	ggies	10,000	o steh	3		30 10	mnutes to se	11	Get Filysical

_		0, 0	, , ,	
Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 2

ΝЛ	V		<u> </u>	Λ.	i
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☐ Keep a food diary for 100 days

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DAY 8	Date:	(circle one) <b>S</b>	М	T W	Т	F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								Č	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 9	Date:	(circle one) <b>S</b>	M	T W	Т	F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								Č	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 10	Date:	(circle one) <b>S</b>	M	T W	Т	F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								Ď	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:



DAY 11	Date:	(circ	le one) <b>S</b>	м т	W	T F	S				
Meal	Food iter	<b>n</b> (portion size)							½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast									Ď	W.	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										ı	Total:
DAY 12	Date:	(circ	le one) <b>S</b>	M T	W	T F	S				
Meal	Food iter	n (portion size)							½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast									Ď	W	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										ı	Total:
DAY 13	Date:	(circ	le one) <b>S</b>	M T	W	T F	S				
Meal	Food iter	n (portion size)							½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast									Č		Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										I	Total:
DAY 14	Date:	(circ	le one) <b>S</b>	мт	w	T F	S				
Meal		n (portion size)							½ Plate	e of /eggies	Time for Yourself
Breakfast									Č	w .	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										<u> </u>	Total:
											ı
	ı do this w	reek? Tally your success				s this					
# Days Goal I	Met	1/2 Plate Fruits/Veggies # Days Goal Met	# Days (	•				Minute		elf	Get Physical  Achieved? Y/N

GOAL TRACKER WEEK 3

ΝЛ	V		<u> </u>	Λ.	i
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☐ Keep a food diary for 100 days

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DAY 15	Date:	(circle one) <b>S</b>	М	T W	T I	F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								Č	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 16	Date:	(circle one) <b>S</b>	M	T W	T	F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								Ď	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 17	Date:	(circle one) <b>S</b>	M	T W	T	F	S			
Meal	Food item (portion size)							½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast								Ď	V	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:

DAY 18	Date:	(circle one)	S	M	T	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\	e of /eggies	Time for Yourself
Breakfast										Č	~	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 19	Date:	(circle one)	S	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\		Time for Yourself
Breakfast										ď	~	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 20	Date:	(circle one)	S	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\	e of /eggies	Time for Yourself
Breakfast										ď	•	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 21	Date:	(circle one)	S	М	т	W	т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\		Time for Yourself
Breakfast										ď	W	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
	I do this week? Tally your s						Is t	his				
Food Diary	½ Plate Fruits/Ve	ggies 10,0	JUL	Ste	ps				30 Min	utes to Se	Ш	Get Physical

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 4

ΝЛ	V		<u> </u>	Λ.	i
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DAY 22	Date:	(circle one) <b>S</b>	M	ΓW	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 23	Date:	(circle one) <b>S</b>	M	ΓW	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 24	Date:	(circle one) <b>S</b>	М	ΓW	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:

DAY 25	Date:	(circle one) <b>S</b>	M T	W	T	F	S			
Meal	Food item (portion size)							½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast								Ď	~	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 26	Date:	(circle one) <b>S</b>	МТ	W	T	F	S			
Meal	Food item (portion size)							½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast								Ď	•	Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 27	Date:	(circle one) <b>S</b>	МТ	W	T I	F	S			
Meal	Food item (portion size)							½ Plate	e of Veggies	Time for Yourself
Breakfast								ď	<b>*</b>	Activity:
Lunch								٥		Minutes:
Dinner										Steps Taken
Snacks										Total:
DAY 28	Date:	(circle one) <b>S</b>	МТ	w	T	F	S			
Meal	Food item (portion size)	(3.1.3.1.3.7.)						½ Plate	e of Veggies	Time for Yourself
Breakfast								Č		Activity:
Lunch										Minutes:
Dinner										Steps Taken
Snacks										Total:
How did you Food Diary	u do this week? Tally your su ½ Plate Fruits/Veg				ls th	is '	week, and t			ess over time.  Get Physical
T OOG DIGITY	72 Trace Traces Veg	9103 10,00	o step.				- 30 Williat			Get i nysicui

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 5

ВЛ	\/			Λ	п
M	Y	G	u	A	ı

lue Keep a food diary for 100 days

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DAY 29	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 30	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 31	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ò	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks					_				Total:

DAY 32	Date:	_ (circle one) <b>S</b>	МТ	W	T F	S			
Meal	Food item (portion size)						½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	•	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 33	Date:	_ (circle one) <b>S</b>	МТ	w	T F	S			
Meal	Food item (portion size)						½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 34	Date:	(circle one) <b>S</b>	МТ	w	T F	S			
Meal	Food item (portion size)						½ Plate	e of Veggies	Time for Yourself
Breakfast							ď	<b>*</b>	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 35	Date:	(circle one) <b>S</b>	мт	w	T F	S			
Meal	Food item (portion size)						½ Plate	e of Veggies	Time for Yourself
Breakfast							Č		Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks								1	Total:
How did yo Food Diary	u do this week? Tally your s  1/2 Plate Fruits/Ve				s this	week, and to			ess over time.  Get Physical
" Day Cont	/2 Flate Fluits/ve	-				" D	-1.04	.11	A Li Ja va

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 6

RAN	1 1		A I
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☐ Keep a food diary for 100 days

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DAY 36	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						Č	~	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total:
						'		
DAY 37	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						Č	~	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total:
DAY 38	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						Č	w	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total·



DAY 39	Date:	(circle one) <b>S</b>	МТ	W	T F	S			
Meal	Food item (portion size)						½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 40	Date:	_ (circle one) <b>S</b>	МТ	W	T F	S			
Meal	Food item (portion size)						½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast							ď	W	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 41	Date:	(circle one) <b>S</b>	мт	w	T F	S			
Meal	Food item (portion size)						½ Plat	e of Veggies	Time for Yourself
Breakfast							ò	W	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 42	Date:	(circle one) <b>S</b>	мт	W	T F	s			
Meal	Food item (portion size)	(circle one)		Ü			½ Plat	e of Veggies	Time for Yourself
Breakfast							Truits/	veggles	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
_	u do this week? Tally your s				s this				
Food Diary	½ Plate Fruits/Ve					30 Minut	es to Se	elf	Get Physical

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 7

ВЛ	\/			Λ Ι	ı
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lue Keep a food diary for 100 days

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DAY 43	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 44	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 45	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:

DAY 46	Date:	_ (circle on	e) <b>S</b>	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast										Č	V	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 47	Date:	_ (circle on	e) <b>S</b>	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast										ď	•	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 48	Date:	(circle on	e) <b>S</b>	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast										ď	•	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 49	Date:	(circle on	e) <b>S</b>	М	Т	w	т	F	S	·		
Meal	Food item (portion size)		,							½ Plate	e of /eggies	Time for Yourself
Breakfast										ď	•	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks											1	Total:
	1									<u> </u>		
	a do this week? Tally your s						ls t	his				
Food Diary	½ Plate Fruits/Ve	ggies 1	0,00	U St	teps				30 Minu	tes to Se	elf	Get Physical

,	, ,	3,7 3	, , ,	J
Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 8

ВЛ	V		$\sim$	Λ	
М	Y	G	U.	А	L

☐ Keep a food diary for 100 days

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DAY 50	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						Č	w	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total:
DAY 51	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						ď	~	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total:
						'		
DAY 52	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						Č	~	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total·

DAY 53	Date:	(circle one) S	;	M 1	Γ۷	V	T	F	S				
Meal	Food item (portion size)										½ Plate Fruits/\	e of /eggies	Time for Yourself
Breakfast											Ď	V	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 54	Date:	(circle one) S	;	M 1	Г۷	V	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast											Ď	V	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 55	Date:	(circle one) <b>S</b>		M 1	Γ۷	V	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast											Ď	<b>*</b>	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 56	Date:	(circle one) <b>S</b>		M 1	Г۷	V	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast											Č	•	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
	1 41 12 7 11					,	.,	_		1.			
Food Diary	I do this week? Tally your su ½ Plate Fruits/Veg					oal:	s th	nis			ack you s to Se	, ,	ess over time.  Get Physical
1 000 Diai y	/2 Flate Truits/ veg	10,00	<del>, 0</del>	Stel	73				30 1	milate	3 10 36		Get i flysical

	, ,	3, 3	, , ,	J
Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 9

RAN	1 1		A I
M١	rl	1 L	) A I

lue Keep a food diary for 100 days

☐ Take 30 minutes for yourself, four times a week

☐ Eat a half plate of fruits and veggies for lunch and dinner each day

☐ Take 10,000 steps a day, five days a week

☐ Get a physical and talk to your doctor to set heart-healthy goals

- **Be honest.** You don't need to impress anyone. You just need an accurate account of your daily choices.
- **Be complete.** Write down everything that will help you track your goal and see your progress.
- **Revisit your goals.** Remember where you're headed, and keep at it. Day by day, you CAN improve your habits and your health.

DAY 57	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	te of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 58	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	te of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 59	Date:	(circle one) <b>S</b>	M	T W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	te of Veggies	Time for Yourself
Breakfast							Č	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks			_						Total:

DAY 60	Date:	(circle one)	S	M	Т	W	Т	F	S				
Meal	Food item (portion size)										Plate uits/\	of eggies	Time for Yourself
Breakfast												•	Activity:
Lunch											<u> </u>		Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 61	Date:	(circle one)	S	М	т	W	Т	F	S				
Meal	Food item (portion size)										Plate uits/\	of eggies	Time for Yourself
Breakfast												•	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 62	Date:	(circle one)	S	М	т	w	т	F	S	·			
Meal	Food item (portion size)										Plate uits/\	of eggies	Time for Yourself
Breakfast												•	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
													10tui:
DAY 63	Date:	(circle one)	S	M	Т	W	T	F	S				Totali:
DAY 63 Meal	Date: Food item (portion size)	(circle one)	S	M	T	W	T	F	S	½ Fr	Plate	e of /eggies	Time for Yourself
		_ (circle one)	S	M	T	W	T	F	S	½ Fr	Plate uits/\	e of /eggies	
Meal		_ (circle one)	S	M	T	W	T	F	S	Fr	Plate uits/\	e of Veggies	Time for Yourself
Meal Breakfast		_ (circle one)	S	M	T	W	Т	F	S	Fr	uits/\	/eggies	Time for Yourself  Activity:

# Days Goal Met

Intermountain Live Well

Achieved? Y/N

# Days Goal Met

# Days Goal Met

# Days Goal Met

GOAL TRACKER WEEK 10

ВЛ	V		$\sim$	Λ	
М	Y	G	U.	А	L

lue Keep a food diary for 100 days

☐ Take 30 minutes for yourself, four times a week

☐ Eat a half plate of fruits and veggies for lunch and dinner each day

☐ Take 10,000 steps a day, five days a week

☐ Get a physical and talk to your doctor to set heart-healthy goals

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DAY 64	Date:	(circle one) <b>S</b>	M	ΓW	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	<b>*</b>	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 65	Date:	(circle one) <b>S</b>	M	ΓW	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	<b>*</b>	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
	·								
DAY 66	Date:	(circle one) <b>S</b>	M	ΓW	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Č	*	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:

DAY 67	Date:	_ (circle one)	) <b>S</b>	M	Т	W	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast											Č	V	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks												,	Total:
DAY 68	Date:	_ (circle one)	) <b>S</b>	M	Т	W	т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast											Ò	•	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 69	Date:	_ (circle one)	) <b>S</b>	M	Т	W	т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast											Ď	•	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 70	Date:	(circle one)	) <b>S</b>	М	Т	W	Т	F	S				
Meal	Food item (portion size)										½ Plate	e of /eggies	Time for Yourself
Breakfast											Č		Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
	<pre>I do this week? Tally your s 1/2 Plate Fruits/Ve</pre>						als t	:his		and tra Minute			
Food Diary		ggies 10	,000	J 21	cebs	•			50 I	mute	s το 56	11	Get Physical

,	, ,	3,7 3	, , ,	J
Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 11

м		ΔΙ

☐ Keep a food	diary for	100 c	lays
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☐ Take 30 minutes for yourself, four times a week

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☐ Take 10,000 steps a day, five days a week

☐ Get a physical and talk to your doctor to set heart-healthy goals

- **Be honest**. You don't need to impress anyone. You just need an accurate account of your daily choices.
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DAY 71	Date:	(circle one) <b>S</b>	M	T W	Т	F	S				
Meal	Food item (portion size)								½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast									Č	V	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
DAY 72	Date:	(circle one) <b>S</b>	M	T W	T	F	S				
Meal	Food item (portion size)								½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast									Ď	V	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
DAY 73	Date:	(circle one) <b>S</b>	M	T W	Т	F	S				
Meal	Food item (portion size)								½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast									Ď	V	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks								· · · · · · · · · · · · · · · · · · ·			Total:

DAY 74	Date:	(circl	e one) <b>S</b>	МТ	W	T F	S				
Meal	Food item (p	oortion size)							½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast									Ď	W.	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
DAY 75	Date:	(circl	e one) <b>S</b>	M T	w	T F	S				
Meal	Food item (p	oortion size)							½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast									Č	W.	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										I	Total:
DAY 76	Date:	(circl	e one) <b>S</b>	M T	w	T F	S				
Meal	Food item (p	oortion size)							½ Plate Fruits/	e of /eggies	Time for Yourself
Breakfast									Č		Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										I	Total:
DAY 77	Date:	(circl	e one) <b>S</b>	МТ	w	T F	S				
Meal	Food item (p								½ Plate	e of /eggies	Time for Yourself
Breakfast									Č	w a	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks										<u> </u>	Total:
	_										<u> </u>
		<b>k?</b> Tally your success				s this					
# Days Goal I		Plate Fruits/Veggies  Days Goal Met	# Days	-				0 Minute Days Goa		:IT	Get Physical  Achieved? Y/N

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 12

RAN	1 1		A I
M١	rl	1 L	) A I

- lue Keep a food diary for 100 days
- ☐ Take 30 minutes for yourself, four times a week
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- ☐ Take 10,000 steps a day, five days a week
- ☐ Get a physical and talk to your doctor to set heart-healthy goals

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DAY 78	Date:	(circle one) <b>S</b>	M T	W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	<b>*</b>	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 79	Date:	(circle one) <b>S</b>	M T	W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	<b>*</b>	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 80	Date:	(circle one) <b>S</b>	МТ	W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Č	*	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks				_	_				Total:

DAY 81	Date:	_ (circle	one) <b>S</b>	M	T W	Т	F	S			
Meal	Food item (portion size)								½ Plate Fruits/\		Time for Yourself
Breakfast									ď	<b>*</b>	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
DAY 82	Date:	_ (circle	one) <b>S</b>	М	T W	Т	F	S			
Meal	Food item (portion size)								½ Plate Fruits/\		Time for Yourself
Breakfast									Č	•	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
DAY 83	Date:	(circle	one) <b>S</b>	М	T W	Т	F	S	·		
Meal	Food item (portion size)								½ Plate Fruits/\		Time for Yourself
Breakfast									ď	V	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
DAY 84	Date:	(circle	one) S	М	T W	Т	F	S	'		
Meal	Food item (portion size)								½ Plate Fruits/\		Time for Yourself
Breakfast									ď	•	Activity:
Lunch											Minutes:
Dinner											Steps Taken
Snacks											Total:
	u do this week? Tally your s					als t	his				
Food Diary	1/2 Plate Fruits/Ve	ggies	10,00	J Ste	ps			30 Mi	nutes to Se	IT	Get Physical

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 13

ВЛ	\/		$\sim$	Λ	п
M	Y	G	u	А	ı

☐ Keep a food diary for 100 days

☐ Take 30 minutes for yourself, four times a week

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DAY 85	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate	e of Veggies	Time for Yourself
Breakfast						Ď	w	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total:
DAY 86	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast						Ď	~	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total:
DAY 87	Date:	(circle one) <b>S</b>	M T W	T F	S			
Meal	Food item (portion size)					½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast						Ď	w	Activity:
Lunch								Minutes:
Dinner								Steps Taken
Snacks								Total·



DAY 88	Date:	_ (circle	one) <b>S</b>	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\		Time for Yourself
Breakfast										ď	<b>*</b>	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 89	Date:	_ (circle	one) <b>S</b>	M	Т	W	Т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\		Time for Yourself
Breakfast										ď	V	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 90	Date:	(circle	one) <b>S</b>	М	Т	w	т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\		Time for Yourself
Breakfast										ď	V	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Snacks												Total:
DAY 91	Date:	(circle	one) <b>S</b>	М	т	w	т	F	S			
Meal	Food item (portion size)									½ Plate Fruits/\		Time for Yourself
Breakfast										ď	<b>*</b>	Activity:
Lunch												Minutes:
Dinner												Steps Taken
Dinner Snacks	ı do this week? Tally your:						1 - 2					Steps Taken  Total:

Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 14

RAN	1 1		A I
M١	rl	1 L	) A I

lue Keep a food diary for 100 days

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DAY 92	Date:	(circle one) <b>S</b>	М 1	Γ W	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 93	Date:	(circle one) <b>S</b>	M T	ſ W	T F	S			
Meal	Food item (portion size)						½ Plate of Fruits/Veggies		Time for Yourself
Breakfast							Ď	~	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:
DAY 94	Date:	(circle one) <b>S</b>	МТ	r w	T F	S			
Meal	Food item (portion size)						½ Plat Fruits/	e of Veggies	Time for Yourself
Breakfast							Ď	V	Activity:
Lunch									Minutes:
Dinner									Steps Taken
Snacks									Total:

DAY 95	Date:	_ (circle	e one) <b>S</b>	M	Т	W	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast											Ď	~	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 96	Date:	_ (circle	e one) <b>S</b>	M	Т	W	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast											Ď	~	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 97	Date:	(circle	e one) <b>S</b>	М	т	w	т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast											ď	V	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
DAY 98	Date:	_ (circle	e one) <b>S</b>	М	Т	w	Т	F	S				
Meal	Food item (portion size)										½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast											ď	W	Activity:
Lunch													Minutes:
Dinner													Steps Taken
Snacks													Total:
	and additional 2 TH						11			1 .	1		
Food Diary	u do this week? Tally your s ½ Plate Fruits/Ve						is th	IIS '			ack you es to Se		ess over time.  Get Physical

	, ,	3, 3	, , ,	J
Food Diary	1/2 Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



GOAL TRACKER WEEK 15

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IV	ΙY	( -	( )	Α	ı

lue Keep a food diary for 100 days

☐ Take 30 minutes for yourself, four times a week

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☐ Take 10,000 steps a day, five days a week

☐ Get a physical and talk to your doctor to set heart-healthy goals

### Tracking Tips

- **Be honest.** You don't need to impress anyone. You just need an accurate account of your daily choices.
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DAY 99 Date:	(circle one) S	5	M	Τ	W	Τ	F	S
--------------	----------------	---	---	---	---	---	---	---

Meal	Food item (portion size)	½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast		Ď	V	Activity:
Lunch				Minutes:
Dinner				Steps Taken
Snacks				Total:

DAY 100	Date:	(circle one)	ς	M	Т	W	Т	F	ς
JATIUU	Date.	(Circle offe)	Э.	IVI	- 1	vv	- 1	г	_

Meal	Food item (portion size)	½ Plate Fruits/	e of Veggies	Time for Yourself
Breakfast		Č	•	Activity:
Lunch				Minutes:
Dinner				Steps Taken
Snacks				Total:

**How did you do this week?** Tally your success at meeting your goals this week, and track your progress over time.

Food Diary	½ Plate Fruits/Veggies	10,000 Steps	30 Minutes to Self	Get Physical
# Days Goal Met	# Days Goal Met	# Days Goal Met	# Days Goal Met	Achieved? Y/N



Weekly Tracking
Mark how you did each week on your goal

Week	Great	Average	Not So Good
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
Overall			

Get a Physical Did you get a physical?	Date:				
Physician recommendations					
Personal Goals					