Personal Activity/Nutrition Tracking Sheet for:

- Remember to reset your pedometer each day. Be sure to put it on as soon as possible each morning. Every step counts…for your health and for the challenge. Use the Non-Step Conversion Tool for non-step activities and/or for when you are not wearing a pedometer.
- Refer to your manual for information on serving sizes of vegetables and fruits.
- Each week, forward your weekly totals to your Team Captain. Try to increase your total steps and fruit and vegetables by 10% each week.

Week 1 - 6		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	Daily Average
Week 1 Baseline	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 2	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 3	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 4	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 5	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 6	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									

Week 7 - 12		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	Daily Average
Week 7	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 8	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 9	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 10	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 11	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									
Week 12	Pedometer Reading									
	Time/Step Equivalents									
	Servings of Fruits & Veg									