

Fuel Up to Play 60 Tracker







Week: _____







TRACK YOUR HEALTHY EATING

Goals: 3 servings of low-fat and fat-free dairy, 3 servings of fruits, 5 servings of vegetables and 3 servings of whole grains a day
Mark an 'X' for every serving of each type of food you had that day.

| |  3 DAIRY |  3 FRUITS |  5 VEGETABLES |  3 WHOLE GRAINS |
|-----------|--|---|--|---|
| EXAMPLE | XXX | XX | XXXX | XXX |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

TRACK YOUR PHYSICAL ACTIVITY

Goal: At least 60 minutes a day
Write down each activity you were involved in and for how long each day.

| |  ACTIVITIES  |  MINUTES  |
|-----------|--|---|
| EXAMPLE | SOCCER BIKE RIDING | 20 60 |
| MONDAY | | |
| TUESDAY | | |
| WEDNESDAY | | |
| THURSDAY | | |
| FRIDAY | | |
| SATURDAY | | |
| SUNDAY | | |