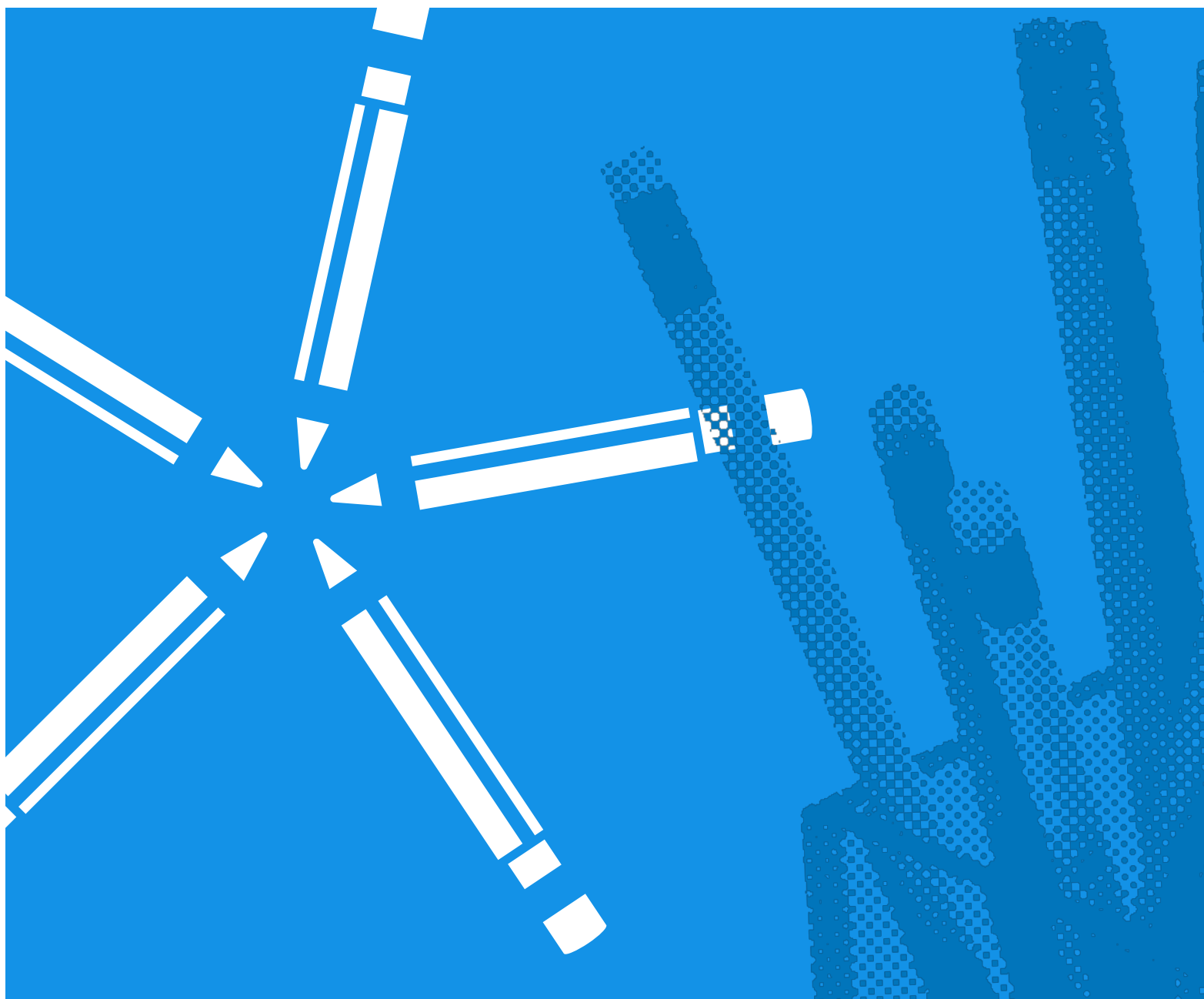




Healthy Directions /

# Track My Changes



# Tracking Instructions

To track how you're doing, you will use the 3 pieces in this packet:

- The 26 Track My Week logs, one for each week
- The Points Chart, on the back of the logs
- The Track My Progress graph

It's easy once you get started!

**Track My Week** Week Number: 1 Date: 5/18/09

Day	PA	FV	RM	MV	SM	Points
Sun	8650	7				7
Mon	7000	6				6
Tue	6800	5				5
Wed	5000	7				7
Thur	7500	5				5
Fri	6450	8				8
Sat	8600	9				9
<b>Week Total</b>						<b>47</b>

**Points Chart**

Category	Value	Points Awarded
1. Physical Activity	0 - 6,999	0
	7,000 - 13,999	1
	14,000 - 20,999	2
	21,000 - 27,999	3
	28,000 - 34,999	4
	35,000 - 41,999	5
	42,000 - 48,999	6
	49,000 - 55,999	7
	56,000 - 62,999	8
	63,000 - 69,999	9
70,000 +	10	
2. Fruits and Vegetables	0 - 7 (1/day)	0
	8 - 14 (2/day)	2
	15 - 21 (3/day)	4
	22 - 28 (4/day)	6
	29 - 34 (almost 5/day)	8
35 + (5+/day)	10	
3. Red Meat	12 +	0
	10 - 11	2
4. Multivitamins	8 - 9	4
	6 - 7	6
	4 - 5	8
	Less than 3	10
5. Smoking	Yes	0
	No	10

**Track My Week** Sun

PA	8650
FV	7
RM	
MV	
SM	

## Step 1

Use the Track My Week log to enter your health habits every day for a week. On each day, you will write in:

- how many steps you took
- how many servings of fruits and vegetables you ate
- how many servings of red meat you ate
- how many multi-vitamins you took
- how many cigarettes you smoked

**Track My Week** Fri Sat Week Total

PA	6450	8600	49,900
FV			
RM			
MV			
SM			

## Step 2

At the end of each week, read across the log from left to right. Add up the numbers for each health habit. Write each total in the "Week Total" boxes.

**Points Chart** Week Total Points

49,900	=	7
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## Step 3

Flip over your log to view the Points Chart. Start with physical activity. Find your number of steps for the week on the left-hand side. Read across to the number of points you get for that number of steps. Write that number in the "Points" box of your Track My Week log. Do the same for fruits and vegetables, red meat, multivitamins, and smoking.

**Track My Week** Week Total Points

49,900	=	7
11	=	1
11	=	1
11	=	1
11	=	1
11	=	1
<b>Total Weekly Points</b>		<b>41</b>

## Step 4

When all of the "Points" boxes are filled in on your Track My Week log, read from top to bottom. Add up the numbers in the "Points" boxes. Write this number in the "Total Weekly Points" box.



# Points Chart

## 1. Physical Activity

Total Steps for Week	Points Awarded
0 – 6,999	0
7,000 – 13,999	1
14,000 – 20,999	2
21,000 – 27,999	3
28,000 – 34,999	4
35,000 – 41,999	5
42,000 – 48,999	6
49,000 – 55,999	7
56,000 – 62,999	8
63,000 – 69,999	9
70,000 +	10

## 2. Fruits and Vegetables

Total Fruits and Vegetable Servings for Week	Points Awarded
0 – 7 (1/day)	0
8 – 14 (2/day)	2
15 – 21 (3/day)	4
22 – 28 (4/day)	6
29 – 34 (almost 5/day)	8
35 + (5+/day)	10

## 3. Red Meat

Total Red Meat Servings for Week	Points Awarded
12 +	0
10 – 11	2
8 – 9	4
6 – 7	6
4 – 5	8
Less than 3	10

## 4. Multivitamins

Total Multivitamins for Week	Points Awarded
0	0
1	0
2	0
3	2
4	4
5	6
6	8
7	10

## 5. Smoking

Smoking for Week	Points Awarded
Yes	0
No	10

# Track My Week

Week Number: \_\_\_\_\_ Date: \_\_\_\_\_

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
<b>Physical Activity</b> <b>PA</b> Number of steps:									
<b>Fruits and Vegetables</b> <b>FV</b> Number of servings:									
<b>Red Meat</b> <b>RM</b> Number of servings:									
<b>Multi-vitamins</b> <b>MV</b> Yes or no:									
<b>Smoking</b> <b>SM</b> Number of cigarettes:									

Notes:

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Total Weekly Points

# Track My Progress

Points per Week

