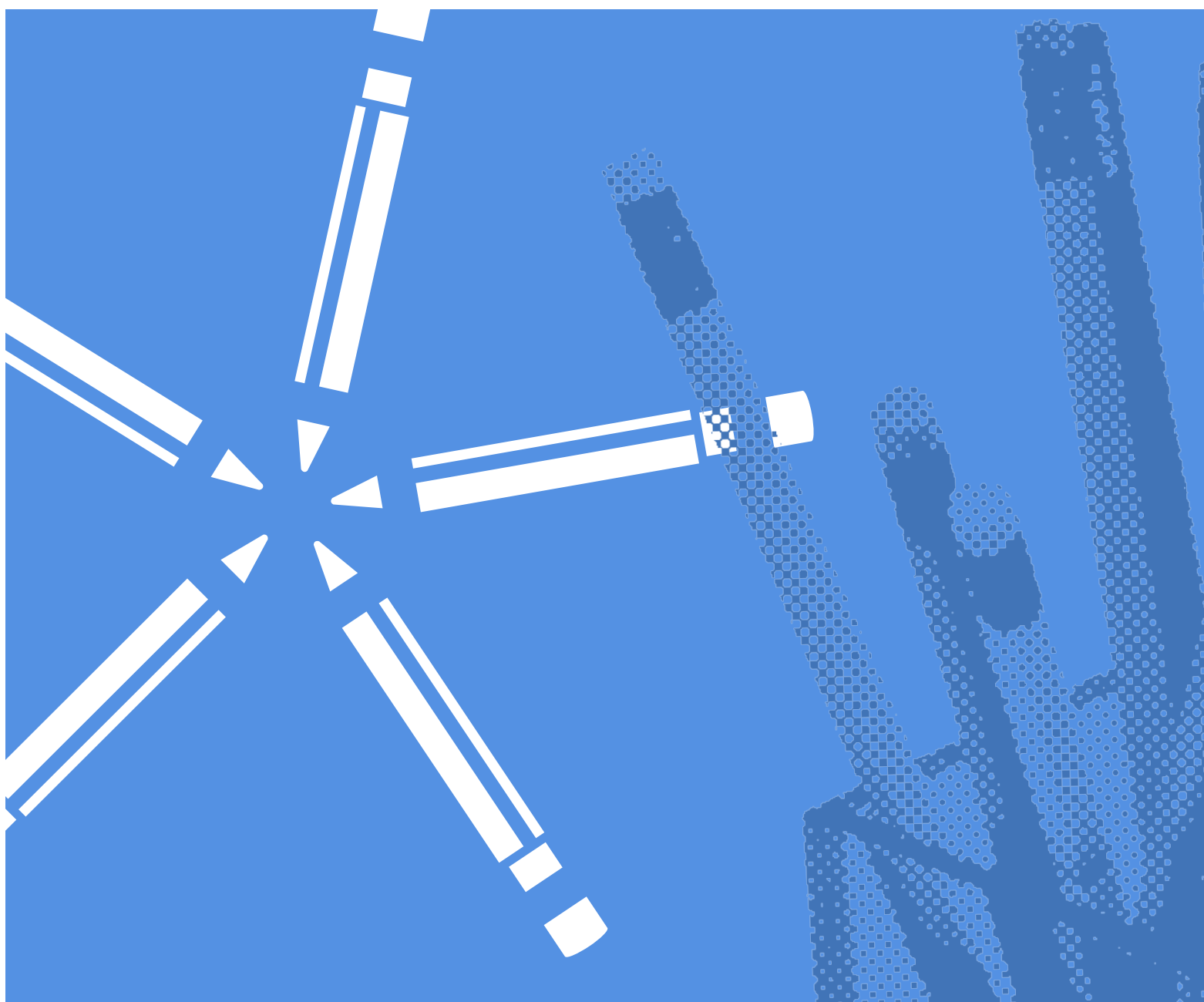




Healthy Directions /

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
- The Track My Progress graph

It's easy once you get started!

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Physical Activity (PA) Number of steps:	8650	7000	6800	5000	7500	6450	8600
Fruits and Vegetables (FV) Number of servings:	6	5	7	5	8	9	1
Red Meat (RM) Number of servings:	3	0	0	0	0	0	0
Smoking (SM) Number of cigarettes:	6	0	0	0	0	0	0

Notes:

	Sun
Physical Activity (PA) Number of steps:	8650
Fruits and Vegetables (FV) Number of servings:	6
Red Meat (RM) Number of servings:	3
Smoking (SM) Number of cigarettes:	6

Step 1

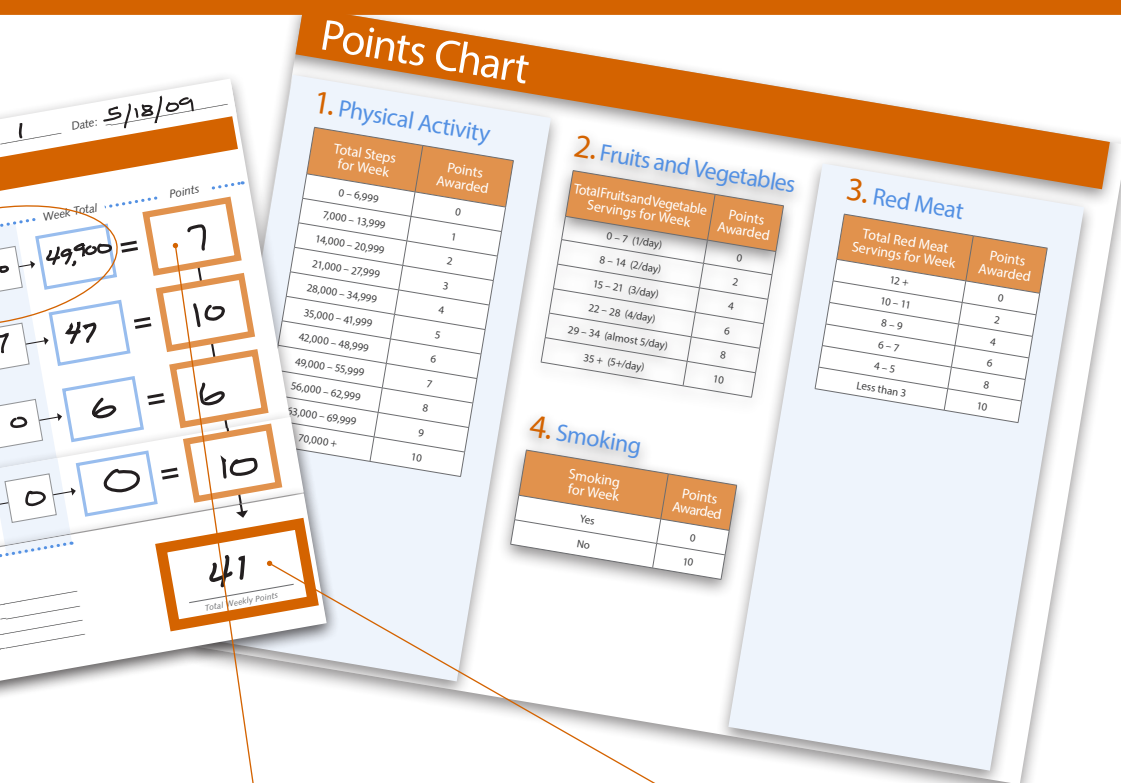
Use a **Track My Week** log to enter your health habits every day for a week. On each day, you will write in:

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

	Fri	Sat	Week Total
Physical Activity (PA) Number of steps:	6450	8600	49,900

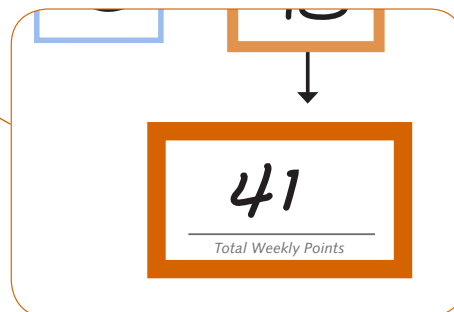
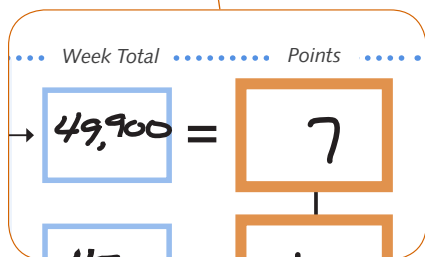
Step 2

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.



Remember:

People who track do better with making changes!

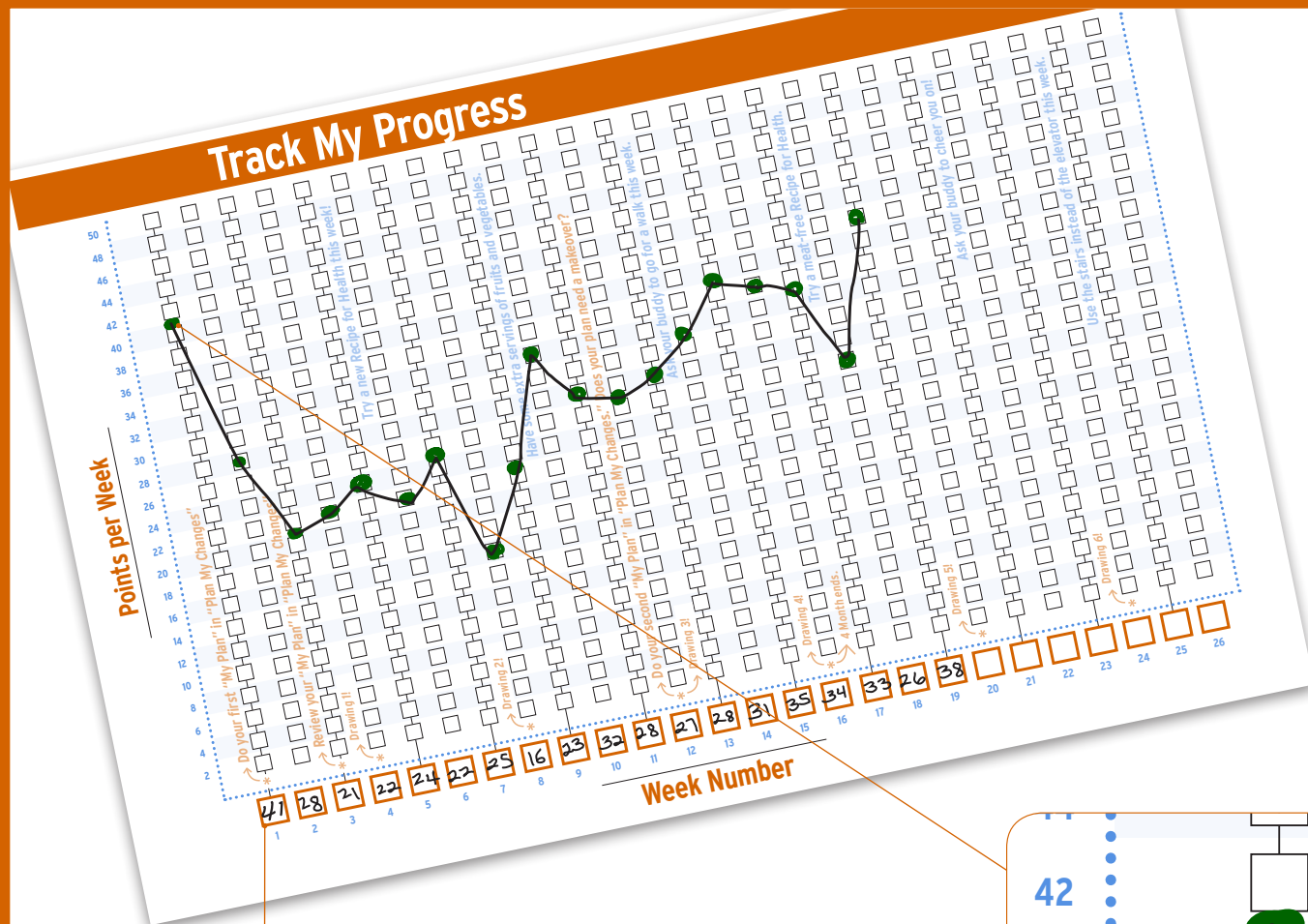


Step 3

Pull out 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, and smoking.

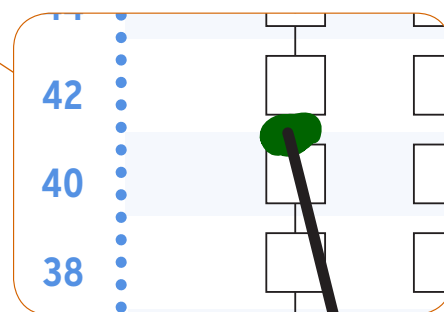
Step 4

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.



Step 5

Pull out the **Track My Progress** graph. Enter the total number of points in the first box on the bottom row. This box represents week one.



Step 6

Next, mark your total number of points by using the numbers that run up the left-hand side of the **Track My Progress** graph. Mark that spot in the "week 1" row with a dot, a star, or whatever shape you like.

Step 7

Repeat steps 2 through 6 for every week of Healthy Directions. If you like, you can draw lines that connect your dots. This will help you see how you're doing overall during the program.