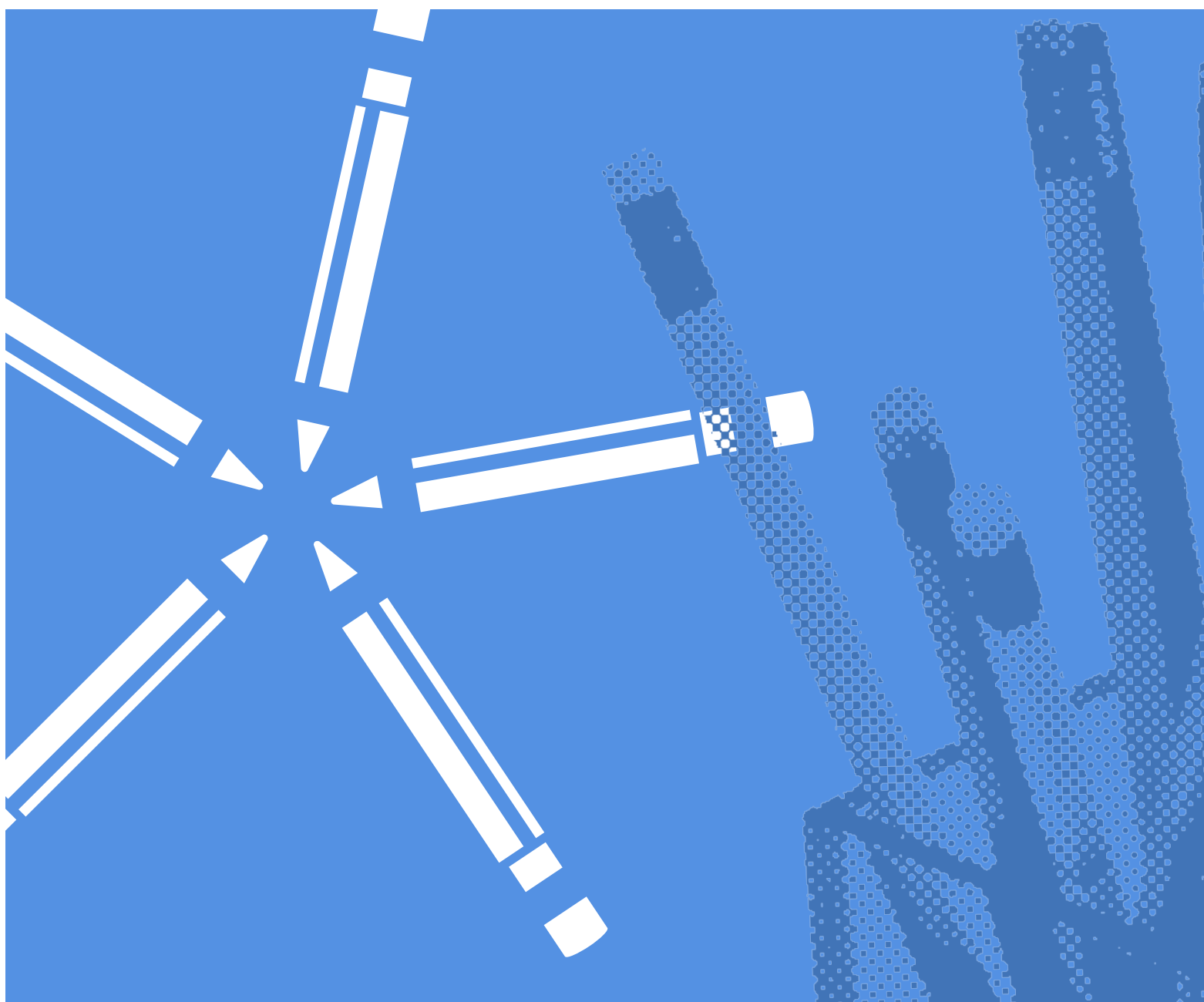




Healthy Directions /

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	3	0
Smoking (SM) Number of cigarettes:	6	0	0	0	0	0	0

	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

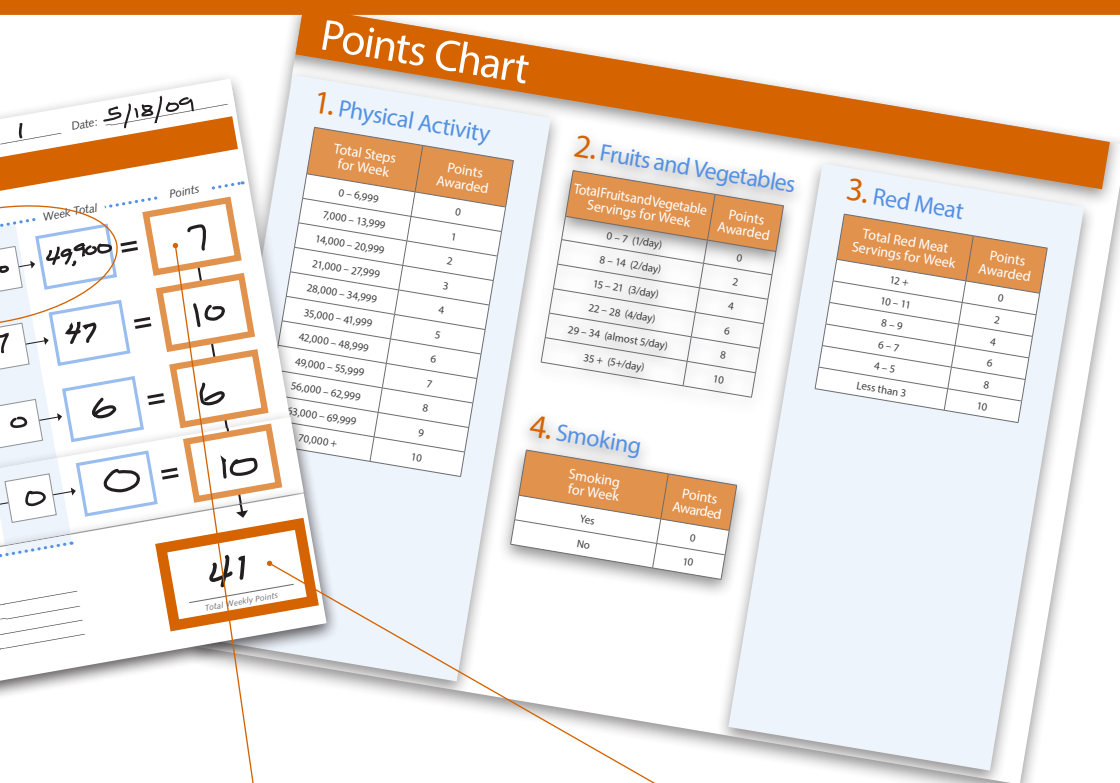
Use a **Track My Week** log to enter your health habits every day for a week. On each day, you will write in:

- 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
Fruits and Vegetables (FV) Number of servings:	9	1	
Red Meat (RM) Number of servings:	3	0	
Smoking (SM) Number of cigarettes:	0	0	

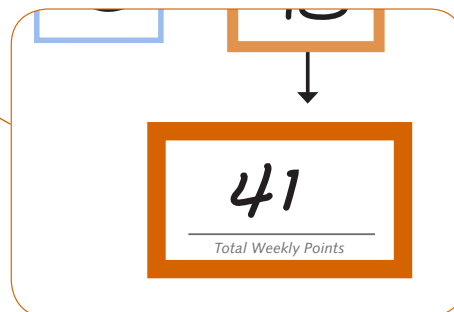
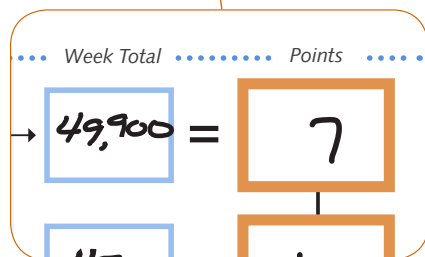
Step 2

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.

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	=	Points
Physical Activity PA Number of steps:									=	
Fruits and Vegetables FV Number of servings:									=	
Red Meat RM Number of servings:									=	
Smoking SM Number of cigarettes:									=	
Notes: <hr/> <hr/> <hr/> <hr/>										

Total Weekly Points

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Points

11

Total Weekly Points

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	=	Points
Physical Activity PA Number of steps:									=	
Fruits and Vegetables FV Number of servings:									=	
Red Meat RM Number of servings:									=	
Smoking SM Number of cigarettes:									=	
Notes: <hr/> <hr/> <hr/> <hr/>										

 Total Weekly Points

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

Track My Week

Week Number: _____ Date: _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA Number of steps:									
Fruits and Vegetables FV Number of servings:									
Red Meat RM Number of servings:									
Smoking SM Number of cigarettes:									
Notes: _____ _____ _____ _____									<div>Total Weekly Points</div>

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

TotalFruitsandVegetable 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

4. Smoking

Smoking for Week	Points Awarded
Yes	0
No	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

Track My Progress

