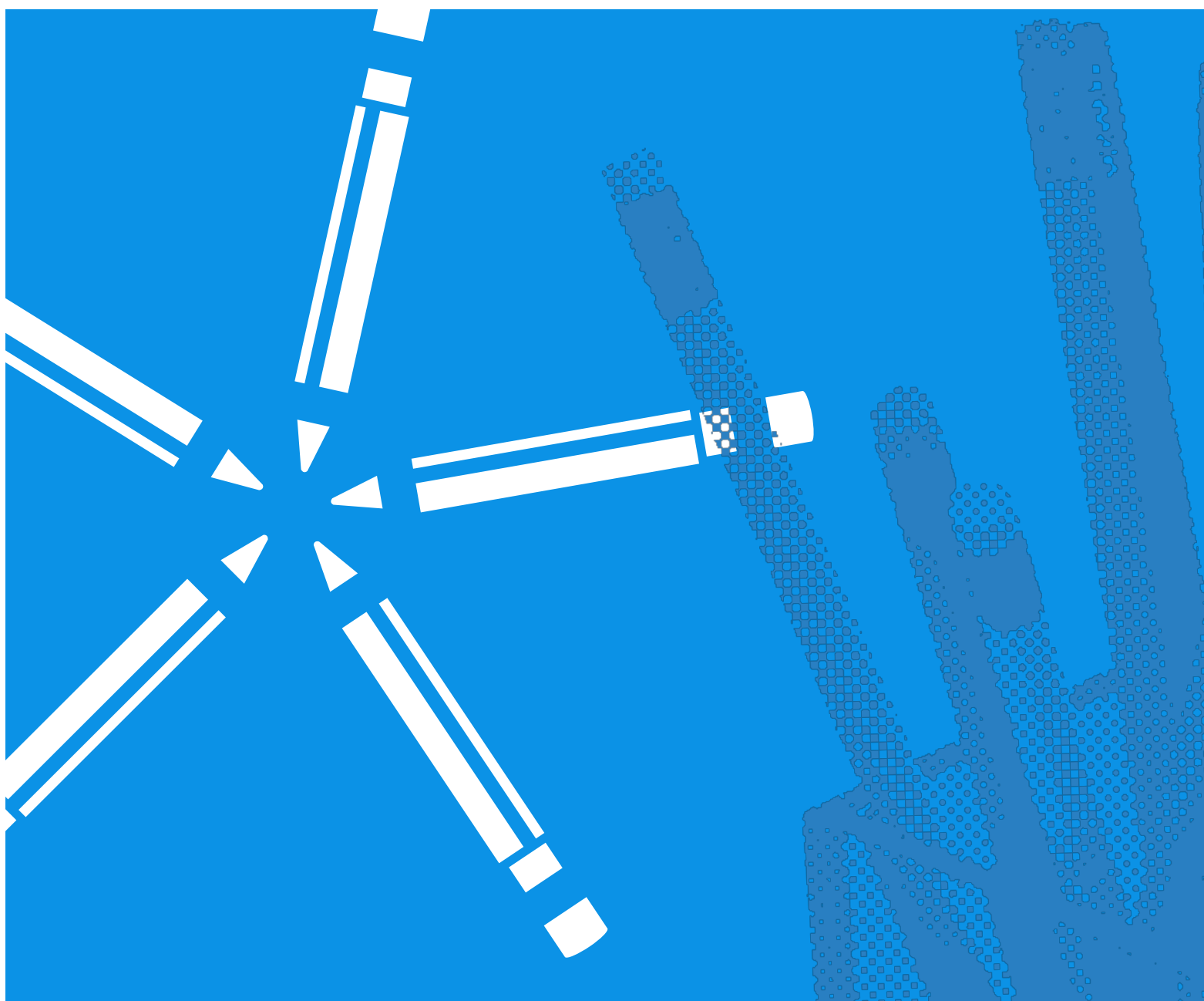# Track My Changes

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!

Track My Week

Week Number: 1   Date: 5/18/09

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Week Total	Points
Physical Activity PA *Number of steps:*	8650	7000	6800	5000	7600	6450	8600	49,900 =	7
Fruits and Vegetables FV *Number of servings:*	6	5	7	5	8	3	7	47 =	10
Red Meat RM *Number of servings:*	3	0	0	0	3	0	0	6 =	6
Multi-vitamins MV *Yes or no:*	1	1	1	1	0	1	1	6 =	8
Smoking SM *Number of cigarettes:*	0	0	0	0	0	0	0	0 =	10

Notes: _____

Total Weekly Points: **41**

Points Chart

1. Physical Activity

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

2. Fruits and Vegetables

Total Fruits and Vegetable Servings per 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 Per Week	Points Awarded
Yes	0
No	10

	Sun
Physical Activity PA *Number of steps:*	8650
Fruits and Vegetables FV *Number of servings:*	6
Red Meat RM *Number of servings:*	3
Multi-vitamins MV *Yes or no:*	1
Smoking SM *Number of cigarettes:*	0

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 multi-vitamins you took
- how many cigarettes you smoked

Fri	Sat	Week Total
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.

Week Total		Points
49,900	=	7

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, multivitamins, and smoking.

41

Total Weekly Points

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 Progress

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.

*
18   28   21
1   2   3

20
18
16

in "Plan My C

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.