

# 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: <hr/> <hr/> <hr/> <hr/>										

Total Weekly Points