

Weekly Wellness Tracking Log (Example) – Get Fit Challenge – Submit this log and earn 5 points per week!



Day	Exercise	Duration	Food
4/9	Walked my dog	20 minutes	Breakfast: Blueberry Oatmeal Lunch: Turkey Sandwich with mayo, cheese, lettuce and tomato. Dinner: Spaghetti and meatballs Drank: Water, Coffee and Sprite
4/10	Did the dishes for 20 minutes Vacuum for 10 minutes	30 minutes	Breakfast: Cornbread muffin Lunch: Chicken Salad with Ranch Dressing Dinner: Steak, green beans and potatoes Drank: Water, Coffee and red wine
4/11	Relaxed		Breakfast: No breakfast Lunch: Peanut butter and jelly sandwich with chips. Snacked on popcorn Dinner: Grilled Chicken with rice and broccoli Drank: Water, Coffee and Pepsi
4/12	Walked my dog and played catch with him.	30 minutes	Breakfast: Cheerios and a banana Lunch: Ham, cheese and mustard sandwich with a bag of chips. Dinner: Fish fry with French fries and ketchup. Late snack – apples and peanut butter. Drank: Water and Coffee
4/13	Relaxed		Breakfast: Peach Oatmeal and an apple Lunch: Turkey Sandwich with mayo, cheese, lettuce and tomato with chips. Dinner: Taco night! Drank: Water, Coffee & beer
4/14	Played tag with my kids for 15 minutes then we went around the block one time	30 minutes	Breakfast: No breakfast Lunch: Peanut butter and jelly sandwich with chips. Snacked on popcorn Dinner: Grilled Chicken with rice and broccoli Drank: Water, Coffee and Pepsi
4/15	Relaxed		Breakfast: Blueberry Oatmeal Lunch: Turkey Sandwich with mayo, cheese, lettuce and tomato. Dinner: Spaghetti and meatballs Drank: Water, Coffee and Sprite
Goal for Next Week: Walk for 10 minutes during lunch 2 days next week. Drink 1 more glass of water each day.			

Enter your fitness activity and food intake on the wellness website to earn points by the following Sunday: <http://wellness.alb.twcable.com>