



Healthy Heart Challenge

Name: _____

End of Week 1: Date: _____

How many servings of fruit did you have this past week? _____

How many servings of vegetables did you have this past week? _____

How many minutes of physical activity did you have this past week? _____

Reflection: Did recording this information change what you did?

End of Week 2: Date: _____

How many servings of fruit did you have this past week? _____

How many servings of vegetables did you have this past week? _____

How many minutes of physical activity did you have this past week? _____

Reflection: How did your behavior change from week 1?

End of Week 3: Date: _____

How many servings of fruit did you have this past week? _____

How many servings of vegetables did you have this past week? _____

How many minutes of physical activity did you have this past week? _____

Reflection: Are you finding it easier to get 2 servings of fruit and 3 servings of vegetables a day? What do you think the reason is?

End of Week 4: Date: _____

How many servings of fruit did you have this past week? _____




















How many servings of vegetables did you have this past week? _____

How many minutes of physical activity did you have this past week? _____

Reflection: Are you more active now than week one? What has changed the most for you? Are you happy about this change? Why?

MY FITNESS CALENDAR

Daily Goals: 2 Fruits, 3 Veggies
60 minutes of Exercise. Fill in number.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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End of Month Totals: Fruits _____ Veggies _____ >45 Fruits ****, 29-44 ****, 15-29**
 Minutes of Exercise: _____ >65 Veggies *****, 40-64 ****, 15-40**
 > 1680 Minutes *****, 1540-1680 minutes***
 840 - 1549 minutes **