

NAME

WEEK STARTING

THIS WEEKS GOAL

	PORTIONS OF FRUIT	PORTIONS OF VEG	GOOD FOOD?	BAD FOOD?	HOW ACTIVE HAVE YOU BEEN? WHY?	AEROBIC ACTIVITY? WHAT?	CIGARETTES? HOW MANY?	ALCOHOL? HOW MUCH?	COMMENTS ABOUT DAY?
MON									
TUES									
WED									
THURS									
FRI									
SAT									
SUN									

GOOD THINGS TO KEEP UP:

THINGS TO AVOID:

