

Project Health Food and Activity Changes Tracking Form

Record your healthy food and activity changes and whether you met these goals each week.

Check off the box for each day that you met your goal.

Healthy Food Change	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1.						
2.						
3.						
4.						
5.						
6.						

Healthy Activity Change	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1.						
2.						
3.						
4.						
5.						
6.						