



Tracking Sheet

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

| | | | | | | | |
|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 5 SERVINGS OF VEGGIES | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 SERVINGS OF FRUIT/FAT | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 SERVINGS OF PROTEIN | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 64oz OF WATER | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30 MINUTES OF MOVEMENT | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TOTAL POINTS FOR THE DAY _____

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TOTAL POINTS FOR THE DAY _____

DESCRIPTION:

Servings of Vegetables= 1 cup of green/fibrous veggies (No Starches)

Servings of Fruit= 1 piece of fruit or 1 cup of chopped fruit (No Dried Fruit)

Servings of Fat= 1 tablespoon oils, 2 tablespoon nut butters, 1/4 avocado or nuts

Servings of Protein= 4oz for women/6oz for men (Meat, Eggs, Vegan Options)

64 oz of water includes plain, water enhancers, and supplements

Movement can range from PT sessions to walking the dog, move for 30 minutes

TOTALS:

WEEK 1: _____ WEEK 3: _____

WEEK 2: _____ WEEK 4: _____

GRAND TOTAL: _____