

WISEWOMAN GOAL TRACKING LOG



GOAL TRACKING LOG Healthy Eating

Circle the number of servings you eat each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits and Vegetables GOAL = 5 + per day My Goal = ___ per day	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+
Fruits and Vegetables GOAL = 5 + per day My Goal = ___ per day	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+
Fruits and Vegetables GOAL = 5 + per day My Goal = ___ per day	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+
Fruits and Vegetables GOAL = 5 + per day My Goal = ___ per day	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+



GOAL TRACKING LOG Physical Activity

Record the number of minutes of moderate physical activity or the number of steps you take each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes: Goal = 30 min/day My Goal: ___ min/day							
Steps : GOAL=10,000 steps/day My Goal = _____ steps/day							
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Steps : GOAL=10,000 steps/day My Goal = _____ steps/day							

Missouri Department of Health and Senior Services / WISEWOMAN (6/11)