

Name \_\_\_\_\_

Date \_\_\_\_\_



1. List each food item you eat followed by it's food group in the ( ). Use M - Meats, V-Vegetables, F-Fruits, G-Grains, and D-Dairy.
- 2.. List each physical activity separately. Include amount of time you did each activity
3. Be sure to also include how many hours of sleep each day.
4. In Notes section explain healthier choices and changes you've made, details, and how you feel after making these changes.

**Week 1**

**Personal Progress Journal**

	Breakfast	Lunch	Dinner	Snacks	Physical Activity	Sleep
<b>Monday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

<b>Tuesday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

<b>Wednesday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

<b>Thursday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

<b>Friday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

<b>Saturday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

<b>Sunday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

**Notes:** \_\_\_\_\_

# PERSONAL GOAL SHEET



Use this sheet to make a list of your Personal Goals in each area, *Eat It - Move It - Live It*

Be specific and realistic when setting your goals, and focus on you (not comparing yourself to others). Here are a few goal setting tips:

You want goals to be challenging, but attainable. Once a goal is reached you can always set a new goal.

Short-term Goals: Set goals that you can begin immediately

Write Down All Of Your Goals:

Write down your goals and put them somewhere you can see them every day. Be sure to include what you need to do to accomplish the goal. Each goal should be restricted to one thing.

Examples of well-written goals:

- \* I will play basketball or soccer with my friends for 60 minutes each day for a week.
- \* I will increase my activity time by 5 minutes each week until I reach 60 minutes a day.
- \* Each week, I will spend 2 days practicing a new activity I want to learn (jumping rope, playing tennis, etc.).
- \* I will only spend one hour at a time watching t.v., playing video games and using the computer, no more than two hours a day
- \* I will give my parents a grocery list of my healthier choices
- \* I will only eat Every-Once-In-A-While-Foods only three times a week.

Long Term Goals:

These are the results you want to achieve and maintain on a long-term or continual basis.

## Short Term Goals

### ***Eat It!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### ***Move It!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### ***Live It!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Long Term Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_