

5

FRUITS & VEGGIES

BREAKFAST

LUNCH

SNACKS

DINNER

TOTAL

PHYSICAL ACTIVITY



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

NOW IT'S EASY TO KEEP YOUR HEALTHY ROUTINE ON TRACK. With this handy chart, there's no more guesswork about what you did when. Here's the drill. Print out one of these charts each week. Use it to track your food and activity. Your goal is simple. Eat five or more servings each day of fruits and vegetables. Make sure that on five days each week you do at least 30 minutes of some type of physical activity. That's it! Just begin tracking your routine

tomorrow morning and continue for one week. You'll be surprised at how this simple chart can help you spot trends and motivate you to continue. Your doctor will also appreciate seeing your weekly charts the next time you go in for a checkup! It's easy to get started! It's a commitment you'll feel good about!

DON'T FORGET THAT A SERVING IS ABOUT THE AMOUNT THAT FILLS THE PALM OF YOUR HAND.

American Heart Association 
Learn and Live™