

Set Your Goals



Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.




My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits 	_____	_____	_____	_____	_____	_____	_____
# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
Cups of vegetables 	_____	_____	_____	_____	_____	_____	_____
# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
Minutes of physical activity 	_____	_____	_____	_____	_____	_____	_____
# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes