



Captain's Name/Phone/Email _____

| Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exer- |
|--|
| cises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and |
| glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of |
| fruits/vegetables, and number of days you did strengthening exercises to your team captain. |

Reminder: If you wear an activity tracker to count steps, report 15 minutes for each 2,000 steps.

| | | Sun | Mon | Tues | Wed | Thurs | Fri | Sat | WEEKLY TOTAL |
|---------|---------------------|-----|-----|------|-----|-------|-----|-----|--------------|
| Week #1 | Minutes | | | | | | | | Min F/V |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #2 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #3 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #4 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #5 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #6 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | 1 |
| Week #7 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | 1 |
| | Fruits & Vegetables | | | | | | | | - |
| | Water | | | | | | | | - |
| Week #8 | Minutes | | | | | | | | |
| | | | | | | | | | - |
| | Strengthening | | | | | | | | - |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |

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