



Lift Off! 10-Minute Physical Activity Breaks

Physical Activity and Healthy Eating Monthly LOG
 Keep track of healthy eating and personal activity to achieve your goals!

Month: _____

Week 1: Day	1	2	3	4	5	6	7
Minutes of Physical Activity	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30
Number of Fruits & Veggies	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6

Weekly physical activity _____ Goal: _____

Weekly healthy eating _____ Goal: _____

Week 2: Day	1	2	3	4	5	6	7
Minutes of Physical Activity	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30
Number of Fruits & Veggies	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6

Weekly physical activity _____ Goal: _____

Weekly healthy eating _____ Goal: _____

Week 3: Day	1	2	3	4	5	6	7
Minutes of Physical Activity	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30
Number of Fruits & Veggies	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6

Weekly physical activity _____ Goal: _____

Weekly healthy eating _____ Goal: _____

Week 4: Day	1	2	3	4	5	6	7
Minutes of Physical Activity	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30	10, 20, 30
Number of Fruits & Veggies	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6

Weekly physical activity _____ Goal: _____

Weekly healthy eating _____ Goal: _____

Congratulations and keep up the Healthy Eating and Physical Activity!