



EAT SMART, GET MOVING!



Individual Tracking Form

Phase 3

December 16, 2008 – February 9, 2009



Daily Goals: Servings of “Foods To Encourage” per day:
 3 low-fat/fat-free **Dairy** ****2 points each****
 2 **Whole Grain** • 6 **Fruits and/or Vegetables**

Physical Activity per day:
 3 - 20 minute increment ****2 points each****

Bonus Points: Up to 1 additional **Whole Grain** servings (1 point each) • Meet 3-A-Day of **Dairy** goal 4 out of 7 days per week (5 points) • Meet Fruits and Vegetables goal 4 out of 7 days per week (5 points) • Meet Physical Activity goal 4 out of 7 days per week (5 points)

Team Bonus Points: “Healthy Meetings” (up to 3 per phase at 10 points each) • At least 3 team members discussing goals and strategies, reviewing messages in tips and newsletters, eating together, or exercising together at least 2 times during that week (5 points)
Team Bonus Points are recorded on the Group Tracking Form by the Team Leader.

Instructions: Place one check mark for each serving of food item or for each 20-minute increment of Physical Activity in the appropriate column for each day of the week. Place one check mark in each bonus category that has been met each day.

Dates: _____ to _____	Daily Servings from Food Groups to Encourage 2 points each for Dairy 1 point each for WG and FV			Physical Activity 2 points per 20 minutes	Bonus Points 1 point each 1 point per WG; 5 points per category for Dairy, F/V, and PA				
	Dairy	Whole Grains (WG)	Fruit/ Vegetable (F/V)	Physical Activity (PA)	Extra Dairy	Extra WG	Extra F/V	Extra PA	
Tuesday					Add 5 points only if you checked all 3 dairy servings on 4 separate days				
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Monday									
Total Checks									
Point Value	X 2	X 1	X 1	X 2		X 1	Add 5 points only if you checked all 6 fruit and vegetable servings on 4 separate days	Add 5 points only if you checked all 3 physical activity increments on 4 separate days	
Total Points									

Add totals for each category together to get your total for the week.

Total Points for Week: _____ **Name:** _____