

principle



measure your **progress**

eat well. live well.SM

challenge

Measure your progress

1. Wear pedometer. Record your steps at the end of each day. Tally weekly.
2. Record your daily cups of fruits, veggies, beans and lentils. Tally weekly.
3. Record the number of times you used half-plate healthy daily.
4. Submit your numbers to your Team Leader or at eatwelllivewell.org

		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Totals
WEEK 1	Steps								
	Cups								
	Half-Plate								
WEEK 2	Steps								
	Cups								
	Half-Plate								
WEEK 3	Steps								
	Cups								
	Half-Plate								
WEEK 4	Steps								
	Cups								
	Half-Plate								
WEEK 5	Steps								
	Cups								
	Half-Plate								
WEEK 6	Steps								
	Cups								
	Half-Plate								
WEEK 7	Steps								
	Cups								
	Half-Plate								
WEEK 8	Steps								
	Cups								
	Half-Plate								

Visit eatwelllivewell.org for additional sheets.