

Physical Activity & Healthy Eating Tracker

- Reset your pedometer each morning before putting it on, and then record the number before going to bed.
- Use the Non-Step Activity Converter for “other” activities (max. 3/day) where you can’t wear a pedometer (e.g., yoga, swimming, gardening) or when you have forgotten to wear your pedometer. Track the type of activity (e.g., basketball) and for how long you performed that activity (e.g., 1 hour 25 minutes). The conversion calculations, to approximate steps, will be done when this information is entered into the Online Physical Activity & Healthy Eating Tracker.
- Refer to the Walk for Wellness Challenge website for information on serving sizes of vegetables and fruits.

Week 1 - 6		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Baseline / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 2 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 3 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 4 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 5 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 6 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							

At the end of each week, enter these numbers into the Online Physical Activity & Healthy Eating Tracker under “My Challenges”.

Week 7 -12		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 8 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 9 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 10 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 11 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							
Week 12 / month / day	Pedometer							
	Non-Step Activities for Conversion Activity - Hr / Min							
	Vegetables & Fruit							

At the end of each week, enter these numbers into the Online Physical Activity & Healthy Eating Tracker under “My Challenges”.