KEEPING A LOG BOOK

Keeping a log book is a great way to make activity a healthy habit for life. Taking a couple minutes to make a note of your daily activity and eating can be fun and a way to improve your health. Other benefits include:

- Helping you stick to an exercise/ activity program.
- Tracking your progress. Whether increasing fitness or adding activity.
- Make improvements by reviewing what you have been doing.
- Be better at your favorite sport by doing activities that build strength and endurance.
- It's fun to look back and see all you have accomplished.

Make the log book work for you.

- Make notes that are important to your sport or goals.
- Put it somewhere that you run into it each day. On your desk or night stand for example.
- Have your own code like an arrow for a set of push-ups, a V for chin-ups, or a simple dot for a set of crunches.

Recording Goals in your log

ACTIVITY GOAL:
Be physically active at least 26 minutes a day (26.2 miles is the distance of a marathon). Darken a circle for each minute of activity you do a day. It can be running, walking, cycling, jumping, games or sports. If you get more than the 26 minutes make a note and/or record it under total activity time.

EAT WELL GOALS:
Eat 5 servings of fruits and vegetables a day. Darken a circle for each serving of fruit and/or vegetable you eat during the day. Aim to fill all five.

Eat 3 servings of whole grains a day. Darken a circle for each serving of whole grain you eat during the day.

DATE	Eat well		
	5-a-day # servings fruits & veggies	Whole Grains # servings	**ACTIVITY** Darken a circle for each minute of activity you do a day. It can be running, walking, cycling, jumping, games or sports.
	○ ○ ○ ○ ○	○ ○ ○ ○ ○	Total activity time ○ **=26** Notes: