

# Get Up and Move Weekly Log

(To be completed by parent for younger children)

Please keep this weekly log to track your healthy habits for the next two weeks. Then come up with new goals for you and the entire family.

Make copies for all of your family members so you can work together and support each other in your fitness goals. Be sure to ask your doctor for more ideas.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What I ate and drank today							
Physical activity What and how many minutes? <ul style="list-style-type: none"> <li>▪ 60 or more</li> <li>▪ 30-59</li> <li>▪ less than 30</li> <li>▪ none</li> </ul>							
Amount of time spent playing video games, watching television or using the computer							

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