



Fit Fort Carson Activity Log

Participant Name: _____ Date Started: _____

Group ID: **Fit Fort Carson**

Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Healthy Eating —Select a goal for this week			
	Participant Signature		Date	

Week 2	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Healthy Eating —Circle and continue with last week's goal, and add a new goal			
	Participant Signature		Date	

Week 3	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Healthy Eating —Circle and continue with previous goals, and add a new goal			
	Participant Signature		Date	

Week 4	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Healthy Eating —Circle and continue with previous goals, and add a new goal			
	Participant Signature		Date	

Week 5	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Healthy Eating —Circle and continue with previous goals, and add a new goal			
	Participant Signature		Date	

Week 6	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Healthy Eating —Circle and continue with previous goals, and add a new goal			
	Participant Signature		Date	

- Key to Healthy Eating**
- I made half my plate fruits and vegetables
 - At least half of the grains that I ate were whole grains I chose fat-free or low fat (1%) milk, yogurt, or cheese I
 - drank water instead of sugary drinks
 - I chose lean sources of protein
 - I compared sodium in foods like soup and frozen meals and chose foods with less sodium

Verification

I certify that I completed the activity above for the **Fit Fort Carson Wellness Campaign**

I was physically active for at least 5 days each week and I met my healthy eating goals.

Participant Signature _____