

6-WEEK WELLNESS CHALLENGE LOG

Daily instructions for 6-week wellness challenge:

- If you exercise, write in the number of **minutes** you exercised for that day.
- If you eat at least 1 cup serving of vegetables OR 1 piece of whole fruit OR 1 cup serving of fruit, put an **X**.
- If you sleep at last 8 hours, put an **X**.

For example:

Week of...	MON	TUE	WED	THUR	FRI	SAT	SUN	Total
4/7/2014	exercise 40	exercise 15	exercise 40	exercise 30	exercise	exercise 85	exercise	exercise total 210
	fruit/veg	fruit/veg X	fruit/veg X	fruit/veg	fruit/veg	fruit/veg X	fruit/veg X	fruit/veg total 4
	sleep X	sleep X	sleep X	sleep	sleep X	sleep X	sleep	sleep total 5

Then, total up each week and look at the progress you've made!

- Strive to exercise for an average of 150 minutes per week.
- Try to eat at least 1 serving of fruits/veggies each day, using the guidelines above.
- Try to sleep for 8 hours each night.

Your chart:

Week of...	MON	TUE	WED	THUR	FRI	SAT	SUN	Total
	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise total
	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg total
	sleep	sleep	sleep	sleep	sleep	sleep	sleep	sleep total
	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise total
	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg total
	sleep	sleep	sleep	sleep	sleep	sleep	sleep	sleep total
	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise total
	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg total
	sleep	sleep	sleep	sleep	sleep	sleep	sleep	sleep total
	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise total
	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg total
	sleep	sleep	sleep	sleep	sleep	sleep	sleep	sleep total
	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise total
	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg	fruit/veg total
	sleep	sleep	sleep	sleep	sleep	sleep	sleep	sleep total

GRAND TOTALS: Exercise: _____ Fruit/Veg: _____ Sleep: _____