



Physical Activity and Healthy Eating Log
Participant Handout

Physical Activity

Try to enjoy 30 minutes of physical activity on at least 5 days of the week. Circle the amount of time you participate in physical activity in one day, in 10-minute bouts.

Healthy Eating

Try to eat 5 or more servings of fruits and vegetables each day. Circle the number of servings of fruits or vegetables you actually eat.

Day	1	2	3	4	5	6	7
Minutes of PA	10 20 30	10 20 30	10 20 30	10 20 30	10 20 30	10 20 30	10 20 30
# of fruits & veggies	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+



"God is our refuge and strength, a very present help in trouble." Psalms 46:1