

Take
charge
of your
health



Sunday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

Monday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

Tuesday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

Wednesday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

Thursday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

Friday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

Saturday:

Made low-fat choices today:
YES NO

1 2 3
4 5

Minutes Walking _____
Other: _____

