

May 2008

name: _____

location: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monthly Totals

wk 1 F&V Goal TOTAL # of Rs _____
 TOTAL # of Ys _____
 TOTAL # of Gs _____
 wk 1 Step Goal _____
 Lbs. Lost _____
 Total Steps _____

1

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

2

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

3

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

4

wk 2 F&V Goal # of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

wk 2 Step Goal # of Steps _____

Score: **R** **Y** **G**

5

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

6

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

7

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

8

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

9

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

10

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

11

wk 3 F&V Goal # of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

wk 3 Step Goal # of Steps _____

Score: **R** **Y** **G**

12

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

13

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

14

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

15

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

16

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

17

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

18

wk 4 F&V Goal # of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

wk 4 Step Goal # of Steps _____

Score: **R** **Y** **G**

19

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

20

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

21

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

22

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

23

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

24

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

25

wk 5 F&V Goal # of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

wk 5 Step Goal # of Steps _____

Score: **R** **Y** **G**

26

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

27

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

28

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

29

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

30

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**

31

of Fruit and Veggie
0 1 2 3 4 5
6 7 8 9

of Steps _____

Score: **R** **Y** **G**