

COMPANION WEEKLY EXERCISE / NUTRITION LOG

Track your exercise and nutrition 5 days a week for 6 weeks
Circle what you accomplish each day

WEEK 1 2 3 4 5 6

DAY 1	<p> Steps: _____ OR  Minutes of Exercise Complete: _____ (Circle type of exercise below)</p> <p>Type of Exercise:  Basketball  Biking  Running  Soccer  Swimming Other: _____</p> <hr/> <p>Nutrition:  6 Grains  5 Vegetables  4 Fruits  3 Beans/Protein  2 Nuts/Seeds</p>
DAY 2	<p> Steps: _____ OR  Minutes of Exercise Complete: _____ (Circle type of exercise below)</p> <p>Type of Exercise:  Basketball  Biking  Running  Soccer  Swimming Other: _____</p> <hr/> <p>Nutrition:  6 Grains  5 Vegetables  4 Fruits  3 Beans/Protein  2 Nuts/Seeds</p>
DAY 3	<p> Steps: _____ OR  Minutes of Exercise Complete: _____ (Circle type of exercise below)</p> <p>Type of Exercise:  Basketball  Biking  Running  Soccer  Swimming Other: _____</p> <hr/> <p>Nutrition:  6 Grains  5 Vegetables  4 Fruits  3 Beans/Protein  2 Nuts/Seeds</p>
DAY 4	<p> Steps: _____ OR  Minutes of Exercise Complete: _____ (Circle type of exercise below)</p> <p>Type of Exercise:  Basketball  Biking  Running  Soccer  Swimming Other: _____</p> <hr/> <p>Nutrition:  6 Grains  5 Vegetables  4 Fruits  3 Beans/Protein  2 Nuts/Seeds</p>
DAY 5	<p> Steps: _____ OR  Minutes of Exercise Complete: _____ (Circle type of exercise below)</p> <p>Type of Exercise:  Basketball  Biking  Running  Soccer  Swimming Other: _____</p> <hr/> <p>Nutrition:  6 Grains  5 Vegetables  4 Fruits  3 Beans/Protein  2 Nuts/Seeds</p>

Serving Sizes

 **Grains: 1/2 Cup**
(5 Servings)

 **Vegetables: Leafy Green = 1 cup**
(5 Servings)
Fresh/Frozen/Canned = 1/2 cup

 **4 Fruits: Fresh Fruit = 1 Medium**
(4 Servings)
Canned = 1/2 cup
Juice = 1/4 cup

 **3 Beans/Protein: 1/2 Cup**
(3 Servings)

 **2 Nuts/Seeds: 1/4 Cup**
(2 Servings)