

# SAMPLE "ROOKIE" TRACKER

## Rookie Tracker

Name: Jane Doe

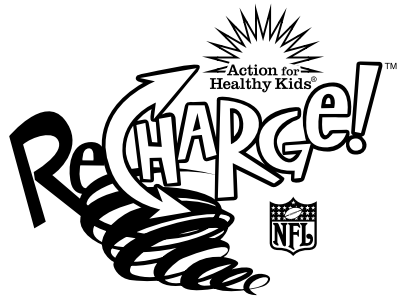
Week: January 9-15

**Are You Ready to Keep Score of How You ReCharge!?** You are learning many new ideas and ways to stay fit and healthy. You know that you need to make healthy choices. And you know that you need to get up and move each day for 60 minutes to balance "Energy In" with "Energy Out."

For the next \_\_\_ weeks, keep score of your healthy choices with this Tracker.






- Your "Energy In" goal is to make three healthy nutrition choices each day from the list below.
- Your "Energy Out" goal is to get up and move for at least 60 minutes each day.
- All of your 60 minutes of physical activity do not have to be done at the same time. You can do short spurts of physical activity during the day. It all needs to add up to 60 minutes.

As you reach your goals each week, take time to celebrate!



## TRACKING YOUR "ENERGY IN"

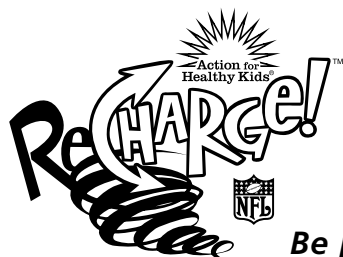
*Make at least three healthy choices each day. Track at least five days per week!*

	 I had <b>GRAINS</b> GROUP FOODS	 I had <b>VEGETABLES</b> GROUP FOODS	 I had <b>FRUITS</b> GROUP FOODS	 I had <b>MILK</b> GROUP FOODS	 I had <b>MEAT &amp; BEANS</b> GROUP FOODS	<b>TOTAL</b> number of healthy eating choices each day
<b>MONDAY</b>			X	X	X	3
<b>TUESDAY</b>	X			X		2
<b>WEDNESDAY</b>	X	X			X	3
<b>THURSDAY</b>	X	X	X	X		4
<b>FRIDAY</b>	X			X		2
<b>SATURDAY</b>	X	X	X	X	X	5
<b>SUNDAY</b>	X		X		X	3

# Rookie Tracker

Name: Jane Doe

Week: January 9-15



THE PRESIDENTIAL ACTIVE LIFESTYLE AWARD IS  
A PART OF OF THE PRESIDENT'S CHALLENGE PROGRAM

## TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

	ACTIVITIES	MINUTES	WERE YOU ACTIVE FOR 60+ MINUTES TODAY?
MONDAY	rode bicycle, skateboard	70	yes
TUESDAY	played football	20	no
WEDNESDAY	DANCE LESSONS, walked the dog	75	yes
THURSDAY	went bowling, went swimming	40	no
FRIDAY	rollerblading, street hockey	65	yes
SATURDAY	Scooter riding, walked to the store	75	yes
SUNDAY	went to park with my family, KARATE LESSONS	60	yes