

Rookie Tracker

Name: _____

Week: _____

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 you need to make healthy choices. And you know 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 GRAINS GROUP FOODS |  I had VEGETABLES GROUP FOODS |  I had FRUITS GROUP FOODS |  I had MILK GROUP FOODS |  I had MEAT & BEANS GROUP FOODS | TOTAL number of healthy eating choices each day |
|-----------|--|--|--|--|--|--|
| MONDAY | | | | | | |
| TUESDAY | | | | | | |
| WEDNESDAY | | | | | | |
| THURSDAY | | | | | | |
| FRIDAY | | | | | | |
| SATURDAY | | | | | | |
| SUNDAY | | | | | | |