

# Veteran Tracker

Name: \_\_\_\_\_

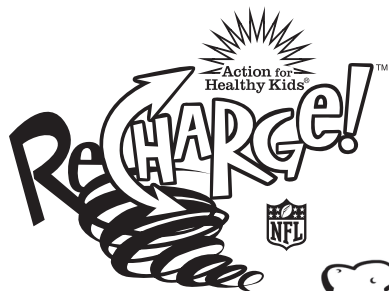
Week: \_\_\_\_\_

**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 <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>MY BREAKFAST</b> Included foods from at least 3 food groups	<b>A SNACK</b> I snacked from at least one of the Five Food Groups	<b>A FOOD LABEL</b> I read one to help me eat the recommended serving size	<b>TOTAL</b> <i>number of healthy eating choices each day</i>
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									