



Don't Forget

Measure your progress

1. Wear pedometer. Record your steps at the end of each day. Tally weekly.
2. Record your daily cups of fruits, veggies, beans and lentils. Tally weekly.
3. Check off if you use half-plate at least once a day.
4. Submit your numbers to your coach or at eatwelllivewell.org

		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Totals
WEEK 1	Steps								
	Cups								
	Half-Plate								
WEEK 2	Steps								
	Cups								
	Half-Plate								
WEEK 3	Steps								
	Cups								
	Half-Plate								
WEEK 4	Steps								
	Cups								
	Half-Plate								
WEEK 5	Steps								
	Cups								
	Half-Plate								
WEEK 6	Steps								
	Cups								
	Half-Plate								
WEEK 7	Steps								
	Cups								
	Half-Plate								
WEEK 8	Steps								
	Cups								
	Half-Plate								