



Daily Log

Captain's Name/Phone/Email _____

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: If you wear an activity tracker, you may report 15 minutes for each 2,000 steps = 1 mile.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL	
									Min	F/V
Week #1	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #2	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #3	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #4	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #5	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #6	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #7	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #8	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									