



TAKE BACK 5 MINUS 1 & PHYSICAL ACTIVITY Log Sheet DECEMBER 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: Track your steps per day Get at least 5 servings fruits & veggies daily Remove 1 fake food item Visit www.thetakebacktour.com www.adventistsinstepforlife.org				1 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	2 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	3 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD
4 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	5 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	6 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	7 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	8 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	9 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	10 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD
11 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	12 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	13 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	14 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	15 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	16 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	17 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD
18 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	19 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	20 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	21 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	22 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	23 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	24 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD
25 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	26 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	27 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	28 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	29 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	30 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD	31 _____ # STEPS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & veggies servings <input type="checkbox"/> -1 JUNK FOOD