



Take Back Your Health  
Take Back the Love  
Take Back the Fun  
Take Back Your Faith  
A Ministry of the General Conference  
of the Seventh-day Adventists

# TAKE BACK 5 MINUS 1 & PHYSICAL ACTIVITY Log Sheet JANUARY 2012



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