



Take Back Your Health
 Take Back the Love
 Take Back the Fun
 Take Back Your Faith
 A Health Ministry of the Diocese of the Holy Trinity, Raleigh, NC

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



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