

# 30-DAY CHALLENGE LOG

## TRACK YOUR PROGRESS!



presented by **Froedtert & MEDICAL COLLEGE of WISCONSIN**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Month/Year \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

	FRUITS & VEGGIES	EXERCISE & ACTIVITY	WATER CONSUMPTION	HEALTHY TIP
<b>Goals</b>	Aim for 5 fruits and veggies daily	Aim for 30 minutes daily	Aim for 64 oz daily (8 - 8oz cups)	Celebrate any small change you make using the 30-Day Challenge healthy tips!
<b>How to keep track of your goals</b>	Shade in a 🍏 for each fruit or vegetable you eat each day	Shade in a 🏃 for each 10 minutes of exercise you get	Shade in a 🍷 for each cup of water you drink	Mark an "X" in the box if you complete the healthy tip from the 30-Day Challenge Calendar

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Healthy Tip Completed? 
EXAMPLE	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	X
DAY 1	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 2	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 3	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 4	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 5	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 6	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 7	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 8	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 9	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 10	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 11	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 12	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 13	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 14	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 15	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 16	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 17	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 18	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 19	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 20	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 21	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 22	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 23	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 24	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 25	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 26	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 27	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 28	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 29	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	
DAY 30	🍏🍏🍏🍏🍏	🏃🏃🏃	🍷🍷🍷🍷🍷🍷🍷🍷	