

30-DAY CHALLENGE LOG

TRACK YOUR PROGRESS!



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

First Name: _____ Last Name: _____

Room Number: _____ Month/Year _____

	FRUIT & VEGGIES	EXERCISE & ACTIVITY	WATER CONSUMPTION	HEALTHY TIP	ATTENDANCE
Goals	Aim for 5 fruits and veggies daily	Aim for 60 minutes	Aim for 64 oz daily (8 - 8oz cups)	Celebrate any change you make using the 30-Day Challenge healthy tips!	Aim for 100% attendance in class
Keeping Track	Shade in a 🍏 for each fruit or vegetable you eat each day	Shade in a 🏃 for each 15 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	Shade in a 🧑 for each day you attend class

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Healthy tip? 	Attendance
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					