3D-DRY CHALLENGE LOG BUCKSFT **TRACK YOUR PROGRESS!**

First Name: ______ Last Name: _____

presented by Froedtert & MEDICAL COLLEGE of WISCONSIN

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 Õ 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 Ъ for each day you attend class

	Fruits & Veggies	Exercise & Activity	Water Consumption	Healthy tip?	Attendand
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DAY 3	$\circ \circ \circ \circ \circ$	8888			5
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DAY 7	$\circlearrowright \circlearrowright \circlearrowright \circlearrowright \circlearrowright$	8888			5
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DAY 26	రీ రీ రీ రీ రీ	8888			\$
DAY 27	రీ రీ రీ రీ రీ	8888			\$
DAY 28	రరరరర	8888			\$
DAY 29	$$ $$ $$ $$ $$	8888			5
DAY 30	ŮŮŮŎŮ	8888			5