

Name: \_\_\_\_\_

### Physical Activity Log

*\*Keep track of your physical activity and enter it into this log for one month. Once this form is completed, you must return it in the enclosed, self-addressed, postage-paid envelope and we will send you a free "fanny pack".*

<b>Date</b>	<b>Type of Exercise/Activity</b>	<b>Effort (High, Moderate, or Light)</b>	<b>Total Minutes</b>	<b>How I Felt</b>
<i>(E.g. 1) 4/27/04</i>	<i>Walked dog</i>	<i>Moderate</i>	<i>30</i>	<i>winded</i>
<i>(E.g. 2) 4/29/04</i>	<i>"Curves"</i>	<i>High</i>	<i>60</i>	<i>good</i>



WOMEN'S HEALTH NETWORK

**5-A-Day Fruits and Vegetables Diary**

Last Name:	First Name:
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Using the PACE Guideline “Focus on Fiber, Fruits & Vegetables,” record your daily intake of fruits and vegetables for one month, on the back of this form. The goal is at least 5 servings a day. Below is an enlarged sample of the check off sheet.


# Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.  
Just enter a check mark each time you eat one serving. Find out if you eat 5 A Day every day!

## What is a Serving?

**1 Serving=**

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit



**EAT 5 A DAY**  
for better health

		D A Y S						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SERVINGS	1							
	2							
	3							
	4							
	5							

Count up your servings every day and you'll be on your way to 5 A Day!

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**\*\*\*\* You must return this diary in the envelope provided as soon as it is completed. Once it has been received, we will send you a lunch bag so that you can continue your lifestyle changes.**

**WEEK ONE**

# Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.

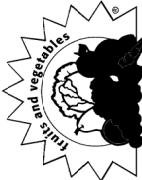
Just enter a check mark each time you eat one serving. Find out if you eat 5 A Day every day!

SERVINGS	D A Y S						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							

## What is a Serving?

### 1 Serving=

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**WEEK THREE**

# Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.

Just enter a check mark each time you eat one serving. Find out if you eat 5 A Day every day!

SERVINGS	D A Y S						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							

## What is a Serving?

### 1 Serving=

- 1 medium-size fruit
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- 1/4 cup dried fruit



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**WEEK TWO**

# Take the 5 A Day Challenge!

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							

## What is a Serving?

### 1 Serving=

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- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit



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**WEEK FOUR**

# Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.

Just enter a check mark each time you eat one serving. Find out if you eat 5 A Day every day!

SERVINGS	D A Y S						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							

## What is a Serving?

### 1 Serving=

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WOMEN'S HEALTH NETWORK

**Low-Fat Food Diary**

Last Name:	First Name:
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Using the PACE Guideline “Trimming the Fat,” record one good choice you’ve made per day on the chart below. Try to make at least one good choice every 3 days.

Date	Type of Choice	Comments
7/1/04 <i>example</i>	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input checked="" type="checkbox"/> Ate lean	Chose skim milk in my coffee
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	
	<input type="checkbox"/> Shopped lean <input type="checkbox"/> Cooked lean <input type="checkbox"/> Ate lean	

**\*\*\*\* You must return this diary in the envelope provided as soon as it is completed. Once it has been received, we will send you a Women’s Health Network lunch bag. Buy using this bag, we hope you will continue to make healthy lifestyle choices.**