

PAPER TRACKER

Name: _____

Grade: _____

Week: _____

EAT HEALTHY. GET ACTIVE. MAKE A DIFFERENCE.





When you can't get to a computer, keep track of what you're doing with the Paper Tracker so next time you are at a computer, you can enter it all in the online tracker. Use your Playbook for some ideas like hosting a kickoff event or creating an afterschool walking club.

The Paper Tracker will help you to participate in Fuel Up to Play by 60. By tracking your healthy behavior, you will have a chance to win even more badges. To find out more information about Fuel Up to Play 60, go to FuelUpToPlay60.com. **Happy Tracking!**



TRACK YOUR HEALTHY EATING

Goals: 3 servings of low-fat and fat-free dairy, 3 servings of fruits, 5 servings of vegetables and 3 servings of whole grains a day
Mark an 'X' for every serving of each type of food you had that day.

	 3 DAIRY	 3 FRUITS	 5 VEGETABLES	 3 WHOLE GRAINS
EXAMPLE	XXX	XX	XXXX	XXX
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



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TRACK YOUR PHYSICAL ACTIVITY

Goal: At least 60 minutes a day

Write down each activity you were involved in and for how long each day.

	 ACTIVITIES 	 MINUTES 
EXAMPLE	SOCCER BIKE RIDING	20 60
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		