

WEEK _____



e-Wellness

UT Extension Employee Wellness Program Food and Activity Diary

Food Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Instructions: Check one box for each 1/2 cup portion of fruits and vegetables and each 1 cup portion of unsweetened beverage consumed. Record minutes spent in physical activity. Choose your best five days.							
Fruit: 1 piece fruit; 3/4 fruit juice; 1/2 cup chopped, cooked, or canned fruit; 1/4 cup dried fruit	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Vegetables: 1 cup raw, leafy vegetables; 1/2 cup chopped raw or cooked vegetables; or 3/4 cup vegetable	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water or Other Unsweetened Beverage: 1 cup or 8 oz	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Physical Activity: Types _____ _____ _____	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min



My **GOAL** this week is _____

3 specific steps to meet my goal are: 1. _____ 2. _____ 3. _____

My reward for meeting my goal _____