Get the Point
Tracking System

WIN Wellness Initiatives Network for Alaska, Inc.

My Aerobic Exercise and Nutrition

Post this calendar somewhere visible to track your aerobic exercise and nutrition information for this month.

Month:_____

E: Easy M: Moderate V: Vigorous

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Servings: Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V	**Daily Servings:** Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V	**Daily Servings:** Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V	**Daily Servings:** Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V	**Daily Servings:** Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V	**Daily Servings:** Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V	**Daily Servings:** Fruits: Veggies: Grains: Nuts/Seeds: Water: **Exercise:** ___:_____ E M V ___:_____ E M V
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Remember-You have until the 7th of each month to log activity for the previous month.