Family and Friends Simple Steps Weekly Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Week Totals Activity-Hours: _____ Fruits and Vegetables: _____ Screen Time:____	Family Member 1: _____
Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Week Totals Activity-Hours: _____ Fruits and Vegetables: _____ Screen Time:____	Family Member 2: _____
Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Week Totals Activity-Hours: _____ Fruits and Vegetables: _____ Screen Time:____	Family Member 3: _____
Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time: ___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Physical Activity Hour/Minutes: ___ Fruit and Vegetable Servings: ___ Screen Time:___	Week Totals Activity-Hours: _____ Fruits and Vegetables: _____ Screen Time:____	Family Member 4: _____

Tracking forms also available on www.gvhp.org!