



# HEALTHY HABIT TRACKER



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






Date: \_\_\_\_\_

## TRACK YOUR HEALTHY EATING AND PHYSICAL ACTIVITY





When you can't get to a computer, keep track of your healthy habits with the Healthy Habit Tracker! Record your healthy eating and physical activity for the week, and the next time you are at a computer you can enter it into the online Tracker on FuelUpToPlay60.com. Remember, you can only track your healthy eating and physical activity online back one week, so be sure to enter your healthy behaviors every week! **Happy Tracking!**

The following is based on an 1,800 calorie diet. To find the amount that is right for you or for more information on the recommended food groups and what makes up a serving\*, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) or visit the Tracker on [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

**Goals:** 3 servings of low-fat or fat-free dairy, 3 servings of fruits, 5 servings of vegetables, 6 ounces of grains (of which at least 1/2 are whole) and 5 ounces of lean protein. Mark an "X" for every serving of each type of food you had that day.

	 <b>3 DAIRY</b> <small>* Food groups have been adapted from the MyPlate food plan.</small> 1 dairy = 1 cup low-fat or fat-free milk or yogurt or 1 1/2 ounces natural cheese	 <b>3 FRUITS</b> 1 fruit = 1/2 small apple or 1 small banana or 4 large strawberries	 <b>5 VEGETABLES</b> 1 vegetable = 1 small ear of corn or 1 medium carrot or 1/2 cup pieces of broccoli	 <b>6 GRAINS</b> <small>(AT LEAST 1/2 ARE WHOLE)</small> 1 grain = 1 slice whole grain bread or 1 cup whole grain cereal or 1/2 cup cooked whole grain pasta or rice	 <b>5 OZ OF PROTEIN</b> 1 ounce = 1 ounce of meat or poultry or fish or 1 egg or 1 tablespoon of peanut butter
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

**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		

A PROGRAM OF



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[FuelUpToPlay60.com](http://FuelUpToPlay60.com)

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## Tips to Help You Fuel Up to Play 60



1. Start your day off with a healthy breakfast. Try a yogurt parfait made with low-fat or fat-free yogurt, fruit and whole grain cereal or nuts. Check to see if your school offers breakfast in the morning, and enjoy the most important meal of the day with friends!
2. Include dairy with your meals by enjoying low-fat or fat-free milk, cheese or yogurt.
3. Make half your plate fruits and vegetables. Try to put a "rainbow on your plate" and include a variety of fruits and vegetables every day.
4. Make half your grains whole. Make your sandwich with whole wheat bread, or swap white pasta or rice for whole wheat pasta and brown rice. You can even eat pizza with whole wheat crust!
5. Choose healthy snacks. Enjoy fruits or vegetables dipped in low-fat or fat-free yogurt or peanut butter. Another option is a miniature pizza made with a whole wheat English muffin, tomato sauce and low-fat cheese.
6. Try new foods. Sometimes you won't like a food the first time you taste it. Don't be afraid to try it again. You might find out you like it the second, third or even tenth time!
7. Choose low-fat or fat-free milk, water or 100% fruit or vegetable juice instead of soda, sports drinks or fruit drinks.
8. Choose healthier options when eating out. When ordering a meal at a restaurant, ask if you can substitute low-fat or fat-free milk for soda, and a fruit or vegetable for French fries.
9. Get moving with your friends and family. Start a morning walking club at your school, or be active after school by jumping rope or playing kickball.

## My Fuel Up to Play 60 Pledge

Add in your own ideas on how you will eat healthy and get active for at least 60 minutes every day. For example, will you: Have a glass of low-fat milk with dinner? Snack on fruits or vegetables? Throw a football with your friends? Help start a walking club in your school? It's up to you.

**Fuel:** I will energize my body and mind by \_\_\_\_\_  
and eating healthy foods like \_\_\_\_\_.

**Play:** I will be active by \_\_\_\_\_ for \_\_\_\_\_ minutes every day.

Are you serious about making healthy changes? Visit [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com) to enter your Fuel Up to Play 60 Pledge and to continue tracking your healthy habits online. Plus, you'll learn ways you can get involved to make your school a healthier place.



[FuelUpToPlay60.com](http://FuelUpToPlay60.com)



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