DEFEAT CANCER EXERCISE & NUTRITION REPORTING FORM -- Make One Change

Choose one thing that you want to change *- whether it is increasing your level of physical activity in one area or simply eating more fruits and vegetables. Starting small, focusing on one thing at a time, is the best way to ensure success.*

To use this form, fill in the date, then fill in the ONE column that makes the most sense to help you track your progress.

Name:

My change this month is to:

DATE	**Number of times you ate fruit or vegetables this day.**	**Total # of minutes of physical activity** -- anything that you want to track other than sitting still or sleeping.	Total minutes of **light activity** (above and beyond your normal routine).	Total minutes of **moderate activity** (above and beyond your normal routine).	Total minutes of **intense activity** (above and beyond your normal routine).	If the previous columns don't fit your style, use this column to create a tracking system that you like, or use it to add comments, pedometer steps, notes to yourself, etc.
						(over)

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