



MOVE BETTER

HEALTH & FITNESS

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5 SERVINGS OF VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 SERVINGS OF FRUIT/FAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 SERVINGS OF PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64oz OF WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 MINUTES OF MOVEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL POINTS FOR THE DAY _____

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DESCRIPTION:

- Servings of Vegetables= 1 cup of green/fibrous veggies (No Starches)
- Servings of Fruit= 1 piece of fruit or 1 cup of chopped fruit (No Dried Fruit)
- Servings of Fat= 1 tablespoon oils, 2 tablespoon nut butters, 1/4 avocado or nuts
- Servings of Protein= 4oz for women/6oz for men (Meat, Eggs, Vegan Options)
- 64 oz of water includes plain, water enhancers, and supplements
- Movement can range from PT sessions to walking the dog, move for 30 minutes

TOTALS:

WEEK 1: _____ **WEEK 3:** _____

WEEK 2: _____ **WEEK 4:** _____

GRAND TOTAL: _____