



## 2009 SOAR INTO SHAPE ADULT MEMBER WEEKLY LOG



**Team's Name / Leader's Name:** \_\_\_\_\_ / \_\_\_\_\_ **Team Member's Name:** \_\_\_\_\_

Week ____	Fluid Intake (# of oz) Sugar-free, caffeine free (e.g crystal light, water, diet 7up) or ≤ 1% milk/soy milk. No ft jc	Fluid Pts	Type of Exercise Activity	Exercise Minutes	Exer Pts	List amount and type of fruit/veg eaten (e.g. 1c broccoli) Max 1 cup starchy veg (i.e. legumes/beans/peas, potatoes) Max 1c fruit jc & 1/4 c dried fruit/day	Ft/Veg Pts
Monday Date:							
Tuesday Date:							
Wednesday Date:							
Thursday Date:							
Friday Date:							
Saturday Date:							
Sunday Date:							
<b>Fluids (pts/day)    Max 5 pts/day</b> ≥ 64 oz = 5 pts 48-63 oz = 3 pts <48 = 0 pts <b>Total points:</b> _____		<b>Exercise (pts/day)    Max 5 pts/day</b> 45 continuous minutes = 5 pts 30 continuous minutes = 3 pts Other (≥ 30 minutes) = 2 pts <b>Total points:</b> _____			<b>Fruit &amp; Veg (pts/day)    Max 5 pts/day</b> 4 cups = 5 pts >2 cups to <4 cups = 3 pts 1-2 cups = 1 pts <b>Total points:</b> _____		

*MAKE COPIES OF LOG EACH WEEK TO RECORD ACTIVITY*