

Smart Fuel Log

Smart Fuel is a worksite wellness challenge that encourages employees to eat smart. Participants earn a point each time they practice one of the five eat smart strategies: Enjoy More Fruits & Vegetables, Re-Think Your Drink, Enjoy More Whole Grains, Prepare More Meals at Home and Right-Size Your Portions. Use the log below to record points earned.



Participant Name: _____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											
WEEKLY TOTAL											TOTAL CHALLENGE POINTS