

MOVE!

***MOVE!* Group Sessions**
Food and Physical Activity Diary

www.move.va.gov



Week # 3

Weight: 218

Physical Activity and Pedometer/Odometer Diary (sample)

Date: MAY 1st 2007

Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
My activity goal for today	Walk 30 minutes today at one time	Do flexibility exercises					
Physical activity I did today	<p>WALKed to grocery store (10 min)</p> <p>Took at 20 minute non stop WALK</p>	<p>WALKed 10 minutes while waiting for MOVE! meeting to begin</p> <hr/> <p>Mowed lawn for 30 min</p> <hr/> <p>Did MOVE! Handout stretches for 10 min.</p> <hr/> <p>WALKed 15 min. at lunch</p>					
Minutes of activity	30 min.	65 min.					
Pedometer steps or odometer distance	3500 steps	7800 steps					
Goal Met	Yes or <u>No</u>	<u>Yes</u> or No	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No

