

# Track Your Weekly Progress



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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## Planning for success this week

- Nutrition goal: \_\_\_\_\_
- Exercise goal: \_\_\_\_\_
- Lifestyle goal: \_\_\_\_\_
- Confidence (1 to 10): \_\_\_\_\_
- Obstacles/strategies: \_\_\_\_\_
- Motivation: \_\_\_\_\_

## Tracking progress this week

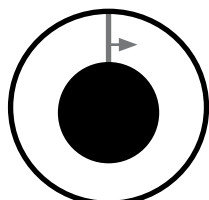
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<b>Nutrition</b> How is it going?	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	
<b>Activity and Exercise</b> Mark if completed.	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility
<b>Other:</b>								
<b>Water</b> How many glasses?								
<b>Sleep</b> How many hours?								
<b>Mood</b>								
<b>Energy Level</b> How is your battery?								
<b>My Health Win Today</b>								

## Overall progress

Fill in the circles below to show your progress. For example, someone who does the behavior 100% of the time would completely fill in the circle.

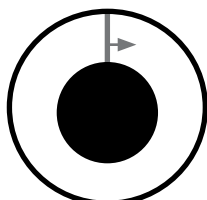
### Exercise and Movement

Moderate aerobic exercise 150 minutes per week and strength training 2 times per week



### Nutrition and Healthy Eating

Balanced diet, portion control, mindful eating, healthy snacking, consistent mealtimes



### Creating a Healthy Lifestyle

Drink water, sleep well, manage stress, receive support, set goals, have a positive mindset, focus on emotional health

