

Food & Physical Activity Log

Week # _____

	Exercise: (describe all physical activity here)	Meal: (include quantities)	Snack: (include quantities)	Meal: (include quantities)	Snack: (include quantities)	Meal: (include quantities)	Fruits & Vegetables: (include quantities)	Water intake: (8 oz. glasses)
Monday	Activity:						Fruits:	
	Time:						Vegetables:	
Tuesday	Activity:						Fruits:	
	Time:						Vegetables:	
Wednesday	Activity:						Fruits:	
	Time:						Vegetables:	
Thursday	Activity:						Fruits:	
	Time:						Vegetables:	
Friday	Activity:						Fruits:	
	Time:						Vegetables:	
Saturday	Activity:						Fruits:	
	Time:						Vegetables:	
Sunday	Activity:						Fruits:	
	Time:						Vegetables:	

Losers R Winners Weekly Challenge Survey

This form must be completed each week and turned in along with your Food & Physical Activity log.

Name one thing you learned from the challenge this week.

**Rate each item below on a scale from 1 to 5, 1 being very low or poor and 5 being very high or excellent.
(circle your response)**

1) Rate your energy level this week	1	2	3	4	5
2) Rate your sleep this week	1	2	3	4	5
3) Rate your stress level this week	1	2	3	4	5
4) Rate your mood this week	1	2	3	4	5