

# 30-DAY CHALLENGE LOG

## TRACK YOUR PROGRESS!



presented by **Froedtert & MEDICAL COLLEGE of WISCONSIN**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Room Number: \_\_\_\_\_ Month/Year \_\_\_\_\_

	FRUIT & VEGGIES	EXERCISE & ACTIVITY	WATER CONSUMPTION	HEALTHY TIP	ATTENDANCE
<b>Goals</b>	Aim for 5 fruits and veggies daily	Aim for 60 minutes	Aim for 64 oz daily (8 - 8oz cups)	Celebrate any change you make using the 30-Day Challenge healthy tips!	Aim for 100% attendance in class
<b>Keeping Track</b>	Shade in a 🍏 for each fruit or vegetable you eat each day	Shade in a 🏃 for each 15 minutes of exercise you get	Shade in a 💧 for each cup of water you drink	Mark an "X" in the box if you complete the healthy tip from the 30-Day Challenge Calendar	Shade in a 🧑 for each day you attend class

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Healthy tip? 	Attendance 
EXAMPLE	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧	X	🧑
DAY 1	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 2	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 3	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 4	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 5	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 6	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 7	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 8	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 9	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 10	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 11	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 12	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 13	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 14	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 15	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 16	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 17	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 18	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 19	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 20	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 21	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 22	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 23	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 24	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 25	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 26	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 27	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 28	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 29	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑
DAY 30	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	💧💧💧💧💧💧💧💧		🧑