

Name of Family Member: _____

Start Date: _____

Weekly Diary

	Behaviors	Typical Habits (from Preparation Diary)	Typical Habits							Goal and Program Points	Points Earned	Weekly Total
			Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.			
WEEK 1	Vegetables	____ servings a day								3 servings a day for little kids = 1 point 4 servings a day for big kids and adults = 1 point		Monitoring: Add 1 pt. Total ____
	Fruits	____ servings a day								2 servings a day for little kids = 1 point 3 servings a day for big kids and adults = 1 point		
	Screen time	____ hours a day								No more than 2 hours a day = 1 point BONUS: 10 hrs. screen time max this week = 1 point		
WEEK 2	Breakfast (Y/N)	____ days a week								Every day = 1 point		Monitoring: Add 1 pt. Total ____
	Refined grains	____ servings a day								No more than 3 servings a day = 1 point		
	Walking	____ minutes a day								30 minutes a day = 1 point BONUS: walk at least 1 hour on 1 day = 1 point		
WEEK 3	Homemade lunch (Y/N)	____ days a week								4 days a week = 1 point		Monitoring: Add 1 pt. Total ____
	Juice	____ cups a day								No more than 1 cup a day = 1 point		
	Sugary drinks	____ cups a day								Zero = 1 point		
	Water/no-calorie drinks	____ cups a day								At least 5 cups a day for little kids = 1 point At least 7 cups a day for big kids and adults = 1 point		
	NEAT activities	____ times a week								7 times this week = 1 point		
WEEK 4	Vegetarian protein	____ servings a day								3 servings a day = 1 point BONUS: 1 day completely vegetarian = 1 point		Monitoring: Add 1 pt. Total ____
	Red meat	____ servings a day								Zero = 1 point		
	Active play (Y/N)	____ days a week								4 days a week for 30 minutes = 1 point		
WEEK 5	Healthy snacks (Y/N)	____ days a week								1-3 a day = 1 point		Monitoring: Add 1 pt. Total ____
	Trans fats	____ foods a day								Zero = 1 point		
	Active sports (Y/N)	____ days a week								3 days a week for 30 minutes = 1 point		
WEEK 6	Balanced meals	____ times a day								2 a day = 1 point BONUS: 3 balanced meals every day = 2 points		Monitoring: Add 1 pt. Total ____
	Active travel (Y/N)	____ days a week								Every day = 1 point		
WEEK 7	Healthy dessert (Y/N)	____ days a week								Every day = 1 point		Monitoring: Add 1 pt. Total ____
	Sugary treats (Y/N)	____ times a week								No more than once this week = 1 point		
	Active chore (Y/N)	____ days a week								5 days a week = 1 point		
WEEK 8	Salad, vegetable, or fruit—eating out (Y/N)	____ days a week								Every snack/meal away from home = 2 points BONUS: no fast food all week = 2 points		Monitoring: Add 1 pt. Total ____
	TV Turnoff (Y/N)	____ hours a day								No TV all week = 3 points		
WEEK 9	Choice to Step Up									Met goal = 1 point		Monitoring: Add 1 pt. Total ____
	Choice to Step Down									Met goal = 1 point		