


















STEPS

Log Sheet Week # _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I spent this much TV/computer time daily 	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs	30 mins 1 hr 1.5 hrs 2 hrs 2.5 hrs 3 hrs
I did not eat while watching TV 	 	 	 	 	 	 	 
I exercised this many minutes daily 	15 30 45 60	15 30 45 60	15 30 45 60	15 30 45 60	15 30 45 60	15 30 45 60	15 30 45 60
Push-ups							
Sit-ups							

Mark the appropriate number of minutes or face for each day. Put in how many push-ups and sit-ups you do each day and answer the questions below in the space provided.

Set a Short-term Goal and then set a Long-term Goal _____
