



Lesson \_\_\_\_\_

### My ALIVE! SMART Goals

#### Vegetable log: How many cups of vegetables did you eat this week?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Cups

#### Step log: How many steps did you walk this week?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Steps

Calculate daily average steps: Total steps walked/#days walked \_\_\_\_\_

GOAL: 3 Cups of Vegetables Per Day	PROGRESS – How did I do?
<b>Date set:</b>	<b>Date Reviewed:</b>
Vegetable goal: _____ _____ S: _____ M: _____ A: _____ R: _____ T: _____	
Lifestyle goal to make me feel more ALIVE!: _____ _____ S: _____ M: _____ A: _____ R: _____ T: _____	