



Starting (Pre) Weight: _____ Starting (Pre) BMI: _____

Ending (Post) Weight: _____ Ending (Post) BMI: _____

Password: _____

1 serving of a fruit or vegetable equals one point..

Lighten Up & Get Fit Fruit and Veggie Tracker

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Sun										
Mon										
Tues										
Weds										
Thurs										
Fri										
Sat										
Total										

Track your exercise time. 1 point for each minute you exercise. Minimum of 30 minutes, maximum of 60 minutes.

Lighten Up & Get Fit Exercise Tracker

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Sun										
Mon										
Tues										
Weds										
Thurs										
Fri										
Sat										
Total										

<https://webapps.williams.edu/fitness/login-form.php>

Remember to log-on each week to enter your numbers!

