

Weekly **activity** log

Date: _____

Weight: _____

Weekly goal: _____

Personal project goal: _____

Project goals/Action plans

Project goals	Action plans to achieve project goals
Prepare kitchen for success	
Collect exercise gear/clothing	
Gather a support system	
Begin a food diary	
Visualize success	
Practice time management	



**BlueCross BlueShield
of Illinois**

www.bcbsil.com

Weekly **activity** log

Physical activity

Type	Duration	Comments

Food diary

Day	Breakfast	Lunch	Dinner	Snacks
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				