

# 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](http://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				