



Eat **Smart** | Move **More**
Weigh Less

Weekly Report Card

Goal:

Name: _____ Buddy's Name: _____ Date: _____

Height: _____ inches Waist Circumference: Beginning _____ Ending _____

Weight: Beginning _____ Ending _____ Blood Pressure: Beginning ____/____ Ending ____/____

BMI: Beginning _____ Ending _____

Week	Date	Weight	Total Weight Change To Date (+ or -)	Minutes Walked or other Aerobic Exercise Equivalent	Minutes of Strength Training <small>(for example: weight lifting, using stretch bands, push-ups, sit-ups, etc.)</small>
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
TOTALS			*		

*As verified _____ Date _____

(Buddy's signature at final weigh-in)

Scale # _____



Name: _____ Buddy's Name: _____

Please share with us changes you made last week to eat smart and/or move more.

Last week I:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
ate breakfast each day.															
ate 1 1/2 -2 cups of fruit each day.															
ate 2-3 cups of vegetables each day.															
controlled portion sizes.															
prepared and ate more meals at home.															
watched 2 or fewer hours of TV each day.															
drank 1 or fewer sugar-sweetened beverages.															
was active 30 minutes or more on most days.															
participated in strength training on 2 or more days.															
Other: _____															
Other: _____															

