

### Goals for this week

	Calories	Fat Grams	Minutes of Activity	Steps
Daily				
Weekly				

### My totals for the week

	Calories	Fat Grams	Minutes of Activity	Steps	Weight
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Total					
Average					

Name \_\_\_\_\_

Start Date \_\_\_\_\_



# KEEPING TRACK BOOK

DIABETES PREVENTION PROGRAM

GROUP LIFESTYLE BALANCE™

