### NUTRITION & EXERCISE TIPS

- Start with good nutrition! Choose tasty, nutrient-rich foods that include dairy, fruits, vegetables and whole grains.
- Stretch before and after exercising.
- Find ways to get 60 minutes of activity a day.
- Have a friend or family join you!

### Walking Journal

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>TOTAL</th>
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</thead>
<tbody>
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</tbody>
</table>

**Week 1**

**Week 2**

**Week 3**

**Week 4**