Quick Start Tally Sheet (1)

Day/WK	Kept Food Log	5/Day	2/Day	≤ 1 Fried food	3 Meals	Junk Food	Soda/Alcohol	Water	Pedometer	Exercise Time	Daily Total
Week 1		Fruits/veggies	Low-fat dairy								
1											
2											
3											
4											
5											
6											
7											
Week 1 Totals											
Week 2											
1											
2											
3											
4											
5											
6											
7											
Week 2 Totals											

Quick Start Tally Sheet (2)

Day/Wk	Food Log	Five-A-Day	2-A-Day	< 1 Fried	3 Meals	Junk Food	Soda/Alcohol	Water	Pedometer	Exercise	Daily Total
Week 3											
1											
2											
3											
4											
5											
6											
7											
Week 3 Totals											
Week 4											
1											
2											
3											
4											
5											
6											
7											
Week 4 Totals											

Quick Start Tally Sheet (3)

Day/Wk	Food Log	Five-A-Day	2-A-Day	< 1 Fried	3 Meals	Junk Food	Soda/Alcohol	Water	Pedometer	Exercise	Daily Total
Week 5											
1											
2											
3											
4											
5											
6											
7											
Week 5 Totals											
Week 6											
1											
2											
3											
4											
5											
6											
7											
Week 6 Totals											
Contest Totals											