



**Latino
Nutrition
Coalition**

LATINO LIVING WEEKLY GOAL TRACKING SHEET

Personal Information

NAME			
GOAL	<p>MY GOAL IS TO:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Eat more fruit <input type="checkbox"/> Eat more whole grains <input type="checkbox"/> Eat more fish and seafood <input type="checkbox"/> Eat fewer sweets <input type="checkbox"/> Be more active <input type="checkbox"/> Eat more vegetables </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Pick healthier snacks <input type="checkbox"/> Eat less red meat <input type="checkbox"/> Cook more at home <input type="checkbox"/> Other: _____ </td> </tr> </table>	<input type="checkbox"/> Eat more fruit <input type="checkbox"/> Eat more whole grains <input type="checkbox"/> Eat more fish and seafood <input type="checkbox"/> Eat fewer sweets <input type="checkbox"/> Be more active <input type="checkbox"/> Eat more vegetables	<input type="checkbox"/> Pick healthier snacks <input type="checkbox"/> Eat less red meat <input type="checkbox"/> Cook more at home <input type="checkbox"/> Other: _____
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7-Day Goal Tracker

DATE	SMALL STEPS TAKEN TOWARDS ACHIEVING A GOAL...	GOAL ACHIEVED
May 1, 2009	For example, if your goal is to eat more fish, you might write: "I grilled shrimp instead of steak for dinner."	Yes / No
		Yes / No
		Yes / No
		Yes / No
		Yes / No

