

Survivor's Guide to Winter Comfort Food

Snow Days **LiveHealthyLiveWell**
 Gratitude Resolutions Simplify Travel
 Holiday Rush Obligations Fitness Relax Family

Name: _____

Email: _____

Activities:

- Aim for 5 Vegetables & Fruits Every Day (V & F – 5)
- Aim for 30 Minutes of Physical Activity at least 5 times a week (List type and minutes)
- Bonus Activities are listed at the bottom of the log (Record date you complete)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Example</i> V & F - 5 Walk - 30	Nov 23	24	25	26	27	28
29	30	Dec 1	2	3	4	5
6	7	8	9	10	11	12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Jan 1	2
Bonus Activities (Optional)	Tried a New Healthy Recipe	Pay It Forward	Snow Day/ Fun Day	Give to Others (Time, \$, Service)	Use a new Relaxation Technique	Request your Credit Report
Record the date you:						

EMAIL or FAX results to: Treva Williams – williams.973@osu.edu or 740-355-8338 (fax) by January 8



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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