

## **Websites to Help Track Nutrition/Activities**

<http://health.discovery.com/national-body-challenge/national-body-challenge.html>

<http://www.mypyramid.gov/>

<http://www.mycaloriecounter.com>

<http://www.smuckers.com>

## **YOU create a tracking sheet**

### **Info to include:**

- Track what you eat
- Track what you do
  - Activities- walking to class, working out, etc.
  - How long
- Sleep
- How you feel after the activity & for the day
- Mental Activity
  - Reading
  - Yoga/Meditate
  - Work
- Time for yourself