



## Procedure for Completing Log

### Fruits and Vegetables:

Place a check mark on one of the boxes under fruit/veggies each time you eat a serving from the fruit or the vegetable group during the day. The goal is to get at least 5 servings per day.

### What is a serving?

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy greens
- 1/2 cup peas or beans — cooked dry, frozen, or canned
- 1/4 cup dried fruit

### Physical Activity:

At the end of each day, total up the number of minutes of physical activity you achieved. The goal is at least 30 minutes per day. This does not all have to be done at one time. For example, you could take three 10 minute walks in a day. Physical activities include walking, running, riding bike, weight lifting, rollerblading, yoga, pilates, swimming, basketball, volleyball, tennis---anything that gets you moving.

### Water Intake:

Place a check mark on one of the boxes under Water Intake each time you drink a cup of water. The goal is to drink at least 8 cups per day.

### Totals:

At the end of the month, count up the number of days that you had at least 5 servings of fruits and vegetables, drank eight cups of water and the number of days that you got at least 30 minutes of physical activity. Divide by the number of days in the month and move the decimal over two places to get the percentage of days that you met the fruit/veggie and physical activity goals. Send your completed log to the Human Resources department. Logs must be received within 15 days after the end of the month.

### Rewards:

80-99% of days with	At least 30 minutes of physical activity	1
	At least 5 fruit and vegetable servings	1
	At least 8 cups of water	1

100% of days with	At least 30 minutes of physical activity	2
	At least 5 fruit and vegetable servings	2
	At least 8 cups of water	2

**Maximum of 6 froggie dollars each month**