



Use this worksheet to track your goals throughout the four-week program. Check off each day you complete a goal in your focus areas. Try to meet your goal at least four days each week.

IOWA

Student Wellness

WEEK 1 GOALS

Physical Activity:

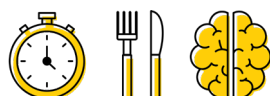
20 or more minutes of movement

Fruits & Vegetables:

2-3 servings or different colors

Self-Care:

Mindfulness



PHYSICAL FRUITS & VEG SELF-CARE

MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

WEEK 2 GOALS

Physical Activity:

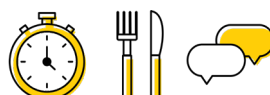
25 or more minutes of movement

Fruits & Vegetables:

3-4 servings or different colors

Self-Care:

Social



PHYSICAL FRUITS & VEG SELF-CARE

MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

WEEK 3 GOALS

Physical Activity:

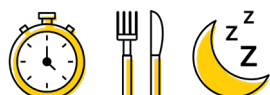
30 or more minutes of movement

Fruits & Vegetables:

4 servings or different colors

Self-Care:

Sleep



PHYSICAL FRUITS & VEG SELF-CARE

MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

WEEK 4 GOALS

Physical Activity:

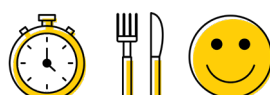
35 or more minutes of movement

Fruits & Vegetables:

4-5 servings or different colors

Self-Care:

Resilience



PHYSICAL FRUITS & VEG SELF-CARE

MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

→ [STUDENTWELLNESS.UIOWA.EDU/FIT-IN-FOUR](https://studentwellness.uiowa.edu/fit-in-four)