

Appendix C SMART TRACKER

LIVE A HEALTHY LIFE! NAME _____ BMI _____ CURRENT WEIGHT _____ GOAL WEIGHT _____

WEIGHT	DAY/DATE	VEG/FRUIT	PHYSICAL ACTIVITY	WEIGHT	DAY/DATE	VEG/FRUIT	PHYSICAL ACTIVITY
DAILY GOALS V/F _____ SERVINGS PA _____ SERVINGS				DAILY GOALS V/F _____ SERVINGS PA _____ SERVINGS			
WEEKLY GOALS V/F _____ SERVINGS PA _____ SERVINGS				WEEKLY GOALS V/F _____ SERVINGS PA _____ SERVINGS			
AVG. WEIGHT		TOTALS		AVG. WEIGHT		TOTALS	
WEIGHT	DAY/DATE	VEG/FRUIT	PHYSICAL ACTIVITY	WEIGHT	DAY/DATE	VEG/FRUIT	PHYSICAL ACTIVITY
DAILY GOALS V/F _____ SERVINGS PA _____ SERVINGS				DAILY GOALS V/F _____ SERVINGS PA _____ SERVINGS			
WEEKLY GOALS V/F _____ SERVINGS PA _____ SERVINGS				WEEKLY GOALS V/F _____ SERVINGS PA _____ SERVINGS			
AVG. WEIGHT		TOTALS		AVG. WEIGHT		TOTALS	

1 VEGETABLES & FRUITS

Guideline:
 Minimum 5 servings daily
 A serving = 1 cup
 1 hand size piece
 Choose veggies and fruits as close to natural form as possible, i.e. without added fat, sugar, or sauce

2 PHYSICAL ACTIVITY

Guideline:
 Minimum 30-60 minutes daily
 Strategies to try:
 – Multiple short bouts
 Different types of activity
 Schedule with friends & family
 – Lunch time walking
 Indoor DVDs, Gym

ADULT BMI CHART

HEIGHT	HEALTHY WEIGHT (in pounds) (BMI IS 19 TO 24)						OVERWEIGHT (in pounds) (BMI IS 25 TO 29)					OBESSE (in pounds) (BMI IS 30 TO 35)					
	BMI 19	BMI 20	BMI 21	BMI 22	BMI 23	BMI 24	BMI 25	BMI 26	BMI 27	BMI 28	BMI 29	BMI 30	BMI 31	BMI 32	BMI 33	BMI 34	BMI 35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	298
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272