

Dr. Martin Luther Ev. Lutheran Church

Temple Triathlon

Lenten Fitness Journey

DAILY TRACKING FORM

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? 1 Cor. 6:19 (NRSV)

RECORD DAILY HOW MANY SERVINGS YOU EAT AND HOW MANY MINUTES YOU EXERCISE. TOTAL WEEKLY CALL LAUREN STROH WITH QUESTIONS OR COMMENTS AT 767-8392

Participant's Name _____

Start Date _____

Team Name _____

	ITEM	RECOMMENDED AMOUNT DAILY / WEEKLY	SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL	NOTES
Week 1	Fruit (servings)	2-4 Servings / 14-28 Servings									
	Vegetables (servings)	3-5 Servings / 21-35 Servings									
	Exercise (minutes)	At least ½ hr 3 times per week									
	Personal Goal										
Week 2	Fruit (servings)	2-4 Servings / 14-28 Servings									
	Vegetables (servings)	3-5 Servings / 21-35 Servings									
	Exercise (minutes)	At least ½ hr 3 times per week									
	Personal Goal										
Week 3	Fruit (servings)	2-4 Servings / 14-28 Servings									
	Vegetables (servings)	3-5 Servings / 21-35 Servings									
	Exercise (minutes)	At least ½ hr 3 times per week									
	Personal Goal										
Week 4	Fruit (servings)	2-4 Servings / 14-28 Servings									
	Vegetables (servings)	3-5 Servings / 21-35 Servings									
	Exercise (minutes)	At least ½ hr 3 times per week									
	Personal Goal										
Week 5	Fruit (servings)	2-4 Servings / 14-28 Servings									
	Vegetables (servings)	3-5 Servings / 21-35 Servings									
	Exercise (minutes)	At least ½ hr 3 times per week									
	Personal Goal										
Week 6	Fruit (servings)	2-4 Servings / 14-28 Servings									
	Vegetables (servings)	3-5 Servings / 21-35 Servings									
	Exercise (minutes)	At least ½ hr 3 times per week									
	Personal Goal										



VEGETABLE GROUP:
 ½ Cup Cooked Vegetables
 ½ Cup Raw Vegetables
 1 Cup Raw Leafy Vegetables
 ½ to ¾ Cup Vegetable Juice



FRUIT GROUP:
 1 Whole Medium Fruit (1 Cup)
 ¼ Dried Fruit
 ½ Cup Canned Fruit
 ½ to ¾ Cup Fruit Juice



EXERCISE:
 At least 30 minutes brisk walking daily
 Climb Stairs up and down a few times weekly
 Get your heart rate up and start to sweat while exercising

Temple Triathlon

- This is not intended to be a weight loss program. There will be no “weigh-ins”
- Teams earn points as they compete by eating healthy and exercising regularly
- Teams consist of two persons.
- Triathlon runs during Lent
- NOTE: The organizers can not be held responsible if weight loss does occur.

Thanks to St. Patrick’s & St. Anthony’s and Parish Nurse Nancy MacLachlan for allowing us to borrow the idea and form design.



Juices

SERVING SIZE	FOOD NAME / DESCRIPTION
½ Cup	Orange or Grapefruit, unsweetened
½ Cup	Tomato or V-8
½ Cup	Other, unsweetened (apple, grape, pineapple)
½ Cup	Sweetened juices or nectars



Fruits

SERVING SIZE	FOOD NAME / DESCRIPTION
1 Each	Apple, fresh, medium
1 Each	Banana, medium
1 Each	Citrus fruit
½ Each	Grapefruit
1 Each	Peach
1 Each	Nectarine
3 Each	Apricots
2 Each	Plums
10 Each	Cherries
1 Cup	Berries
¼ Ea or 1 Cup	Cantaloupe, medium
1 Cup	Melons (watermelon, honeydew, casaba)
1 Each	Pears, fresh, medium
½ Cup	Pineapple, fresh
1 Cup	Grapes, fresh
2 Tbsp	Dried fruits: Raisins
2 Each	Dates
2 Each	Prunes
½ Cup	Canned or frozen unsweetened fruit
½ Cup	Canned or frozen sweetened fruit



Vegetables

SERVING SIZE	FOOD NAME / DESCRIPTION
1 to 1-½ Cups	Salads (lettuce, celery, green peppers, onions)
1 to 1-½ Cups	Spinach
½ Cup	Dark green leafy vegetables - cooked
1 Ea. Or ½ Cup	Carrots, raw or cooked
1 Each	Tomatoes, fresh, medium
½ Cup	Starchy vegetables (corn, peas, mixed vegetables, radishes, succotash)
½ Cup	Other cooked veggies (green beans, cauliflower, beets, asparagus, summer)
1 Each	White potato, baked, boiled, or mashed
½ Cup Sweet potatoes or yams	½ Cup Winter squash (acorn, butternut, hubbard)

To find out more about proper nutrition see the new USDA Food Guide Pyramid at www.mypyramid.gov



MyPyramid.gov
STEPS TO A HEALTHIER YOU