



# Game On: Spring Training for Prediabetes Prevention

## Activity and Nutrition Weekly Tracker

Week 1: Game Plan		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	10 min. movement break							
Nutrition	Replace 1 Sugar Sweetened Beverage with water							
Week 2: Learning the Plays		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	2000 steps or 15 min. movement break							
Nutrition	Add 1 cup of vegetables to 1 meal							
Week 3: It's Game Time!		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	15 min. brisk walk							
Nutrition	Include a healthy protein at 1 meal							
Week 4: Stepping it Up		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	15 min. brisk walk or 30 minutes exercise							
Nutrition	Make your grain whole for 1 meal							
Week 5: All the Right Moves		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	15 min. brisk walk or 30 minutes exercise							
Nutrition	Eat 1 healthy snack							
Week 6: Winning the Game		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	30 minutes exercise							
Nutrition	Add 1 cup of fruit							