A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Program Guidelines - Mission To Mars Fitness Challenge

- Exercise at least 30 minutes, five days per week
- Eat at least two servings of fruit and three servings of vegetables, five days per week
- Sleep at least seven to nine hours, five nights per week

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.