

# MSHOP

Michigan Surgical & Health Optimization Program

If it helps you to write your progress on paper, keep this log in a place you will remember to fill it out each day. You can report your steps/breaths using the phone or text, depending on which method you chose, or you can visit [www.um-mshop.com](http://www.um-mshop.com) and enter your information once each week.

- Place the first day you wore your pedometer in the first “date” space.
- Place a  in the box for each day you eat the recommended number of proteins or fruits and vegetables.

Enter the date you first wear your pedometer →	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Steps:														
Spirometer Breaths:														
Three proteins?														
5 Fruits & Vegetables:														

Note: there are additional charts on the back of this page!

**Remember to increase your number of steps, each day, if possible!**

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