








Week: \_\_\_\_\_

FOOD	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast <b>Every Day!</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits <b>Eat More!</b>	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies <b>Eat More!</b>	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks <b>Aim for None!</b>	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more	 ○ <sup>1</sup> none ○ <sub>3</sub> ○ <sup>2</sup> more
Low-fat milk <b>Drink Up!</b>	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water <b>Drink Up!</b>	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○

ACTIVITY	SUN	MON	TUES	WED	THURS	FRI	SAT
Minutes of TV, video games, and Internet surfing <b>Go Easy!</b>	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes
Minutes of activity <b>Rev it Up!</b> (includes outside play, chores, family activities, walking to school, sports, and more...)	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes

## SUPPORT

I ate dinner with my family this week on these days:

Sun Mon Tues Wed Thurs Fri Sat

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Things my family and friends did that were...

Helpful:

Hurtful:

## CELEBRATE

Things I did well this week:

## MY NEW GOALS

Things I could improve on: