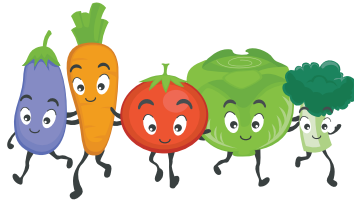




5210 Weekly Goal Tracker



GOAL: Eat 5 or more servings of fruits and vegetables

Goal: Five	Circle or color in the number of fruits and veggies you ate today. 1  is one serving of fruits or veggies.				
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



GOAL: Spend less than 2 hours on your screens (TV, cell phone, tablets, video games, computers)

Goal: Two	Circle or color in the number of hours you spent having screen time. 1  is 30 minutes of screen time.				
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



GOAL: Be physically active and move your body for 1 hour

Goal: One	Circle or color in the number of minutes you were physically active today. 1  is 15 minutes of physical activity.				
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



GOAL: Drink 0 sugary drinks (soda and juice) and MORE WATER

Goal: Zero	Circle or color in the number of glasses of water you drank 1  is 1 glass of water.					
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						