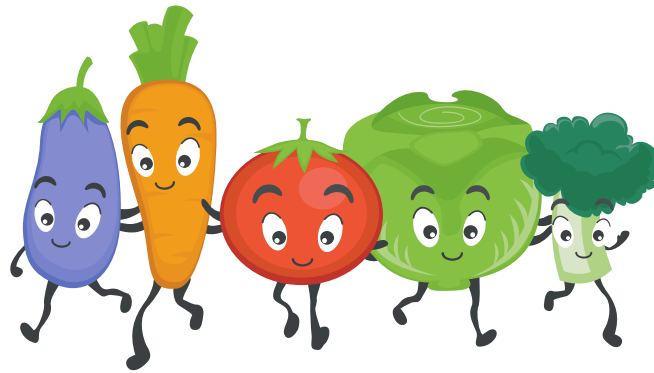






































5210 Weekly Goal Tracker







































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					

5210 Weekly Goal Tracker







































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

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

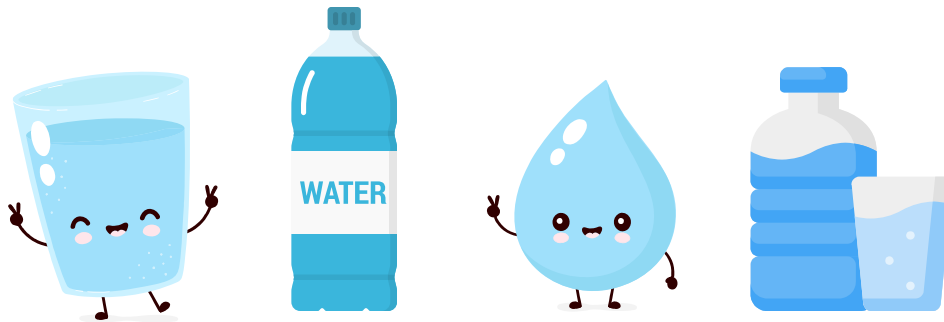
5210 Weekly Goal Tracker








































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	    

5210 Weekly Goal Tracker



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	