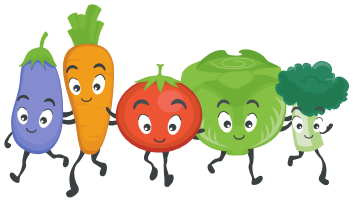
5210 Weekly Goal Tracker



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	