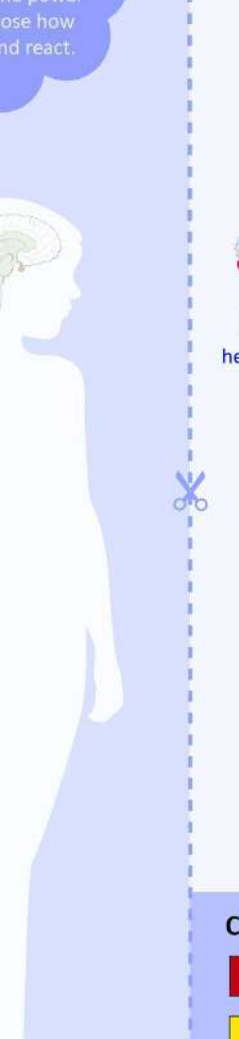


*teen*FEMM

Healthy Choices Challenge

teenFEMM – Grade 7 | Lesson 6



MONDAY

happy ☐

sad ☐

angry ☐

anxious ☐

Nutrition


☐ healthy


☐ fried/sweets

Exercise


☐ yes

☐ no

Sleep


 hours

TUESDAY

happy ☐

sad ☐

angry ☐

anxious ☐

Nutrition


☐ healthy


☐ fried/sweets

Exercise


☐ yes

☐ no

Sleep


 hours

WEDNESDAY

happy ☐

sad ☐

angry ☐

anxious ☐

Nutrition


☐ healthy


☐ fried/sweets

Exercise


☐ yes

☐ no

Sleep


 hours

THURSDAY

happy ☐

sad ☐

angry ☐

anxious ☐

Nutrition


☐ healthy


☐ fried/sweets

Exercise


☐ yes

☐ no

Sleep


 hours

FRIDAY

happy ☐

sad ☐

angry ☐

anxious ☐

Nutrition


☐ healthy


☐ fried/sweets

Exercise


☐ yes

☐ no

Sleep


 hours

Charting

 Red - bleeding

 Blue - moist (high estrogen)

 Yellow - pasty (low estrogen)

 Gray - dry (progesterone)

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NOTES:

Monday

Tuesday

Wednesday

Thursday

Friday
