



I have the power to make excellent choices for my health.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar
Lunch	Lunch	Lunch	Lunch	Lunch
☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar
Dinner	Dinner	Dinner	Dinner	Dinner
☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar	☐ healthy ☐ fast food/sugar
Exercise 60 min	Exercise 60 min	Exercise 60 min	Exercise 60 min	Exercise 60 min
☐ yes ☐ no	☐ yes ☐ no	☐ yes ☐ no	☐ yes ☐ no	☐ yes ☐ no
Sleep 8-10 hrs	Sleep 8-10 hrs	Sleep 8-10 hrs	Sleep 8-10 hrs	Sleep 8-10 hrs
☐ 12hr ☐ hours	☐ 12hr ☐ hours	☐ 12hr ☐ hours	☐ 12hr ☐ hours	☐ 12hr ☐ hours
Media	Media	Media	Media	Media
☐ screen hours ☐ phone hours	☐ screen hours ☐ phone hours	☐ screen hours ☐ phone hours	☐ screen hours ☐ phone hours	☐ screen hours ☐ phone hours