



# Weekly Tracking Calendar

**5** - Write down the fruits and vegetables you eat every day. Aim for five!

**2** - Track the minutes you watch TV, use computers, and play video games after school.

**1** - Add up your minutes of physical activity every day. One hour is your goal!

**0** - Track your water intake. Aim for zero sugary drinks (soda, sports drinks, sweet tea, and fruit drinks).

Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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