

# 8 to Live By

**TRACK IT!**

WEEK: \_\_\_\_\_

<b>FOOD</b>		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!							
Fruits	EAT MORE!	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Veggies	EAT MORE	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Sweetened drinks	AIM FOR NONE!	<sup>1 2</sup> none 3 more	<sup>1 2</sup> none 3 more	<sup>1 2</sup> none 3 more	<sup>1 2</sup> none 3 more	<sup>1 2</sup> none 3 more	<sup>1 2</sup> none 3 more	<sup>1 2</sup> none 3 more
Low-fat milk	DRINK UP!	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water	DRINK UP!	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○

<b>ACTIVITY</b>		SUN	MON	TUE	WED	THUR	FRI	SAT
Minutes of TV, video games, Internet	GO EASY!	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES
Minutes of activity: outside play, chores, family activities, walking to school, sports, and more...	REV IT UP!	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES	○ # MINUTES

<b>SUPPORT</b>	SUN	MON	TUE	WED	THUR	FRI	SAT
I ate dinner with my family this week on these days:	○	○	○	○	○	○	○

Things my family and friends did that were helpful:

Things my family and friends did that were hurtful:

**CELEBRATE** things I did well this week:

**NEW GOALS** I will work on:

For more tracker pages, go to: [IntermountainLiveWell.org](http://IntermountainLiveWell.org)