

8 to LiVe By TRACK IT!

WEEK: _____

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

FOOD		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fruits	EAT MORE!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Veggies	EAT MORE!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sweetened drinks	AIM FOR NONE!	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more	<input checked="" type="checkbox"/> ¹ ² ₃ <input type="checkbox"/> none more
Low-fat milk	DRINK UP!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water	DRINK UP!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I ate dinner with my family on these days:		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

SLEEP & SUPPORT	SUN	MON	TUE	WED	THUR	FRI	SAT
Hours of sleep I got:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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: _____

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

FOOD		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fruits	EAT MORE!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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