# WEEK LiVe Well **B to LiVe By** TRACK IT!

### WEEK:

ACTIVITY	SUN	MON	TUE	WED	THUR	FRI	SAT		
Minutes of TV, video games, and Internet	#MINUTES	# MINUTES	# MINUTES	# MINUTES	# MINUTES	# MINUTES	# MINUTES		
Minutes of activity: outside play, chores, family activities, walking to school, sports, and more	# MINUTES	# MINUTES	# MINUTES	# MINUTES	# MINUTES	# MINUTES	# MINUTES		
FOOD	SUN	MON	TUE	WED	THUR	FRI	SAT		
Breakfast EVERY DAY!									
Fruits EAT MORE!	0000	0000	0000	0000	0000	0000	0000		
Veggies EAT MORE!	0000	0000	0000	0000	0000	0000	0000		
Sweetened drinks AIM FOR NONE!	12 3 more	1 2 3 more	1 2 3 more	12 3 more	1 2 a more	12 3 more	12 30 more		
Low-fat milk DRINK UP!	000	000	000	000	000	000	000		
Water DRINK UP!	0000	0000	0000	0000	0000	0000	0000		
I ate dinner with my family on these days:	\$	$\mathbf{A}$	$\mathbf{A}$	$\mathbf{A}$	$\mathbf{A}$	$\mathbf{A}$			
SLEEP & SUPPOR	T <sub>sun</sub>	MON	TUE	WED	THUR	FRI	SAT		
Hours of sleep I got:									
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

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FOOD	SUN	MON	TUE	WED	THUR	FRI	SAT		
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