































































































































































8 to LiVe By








★ Track It!



Week: _____

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

Food		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!							
Fruits	EAT MORE!	   	   	   	   	   	   	  
Veggies	EAT MORE!	   	   	   	   	   	   	  
Sweetened drinks	AIM FOR NONE!	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>	<div><div><div>12</div><div>3</div></div><div>NONE MORE</div></div>
Dairy or dairy alternatives	DRINK UP!	  	  	  	  	  	  	  
Water	DRINK UP!	       	       	       	       	       	       	
I ate a meal with my family:								

Sleep & Support	SUN	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:


































































































































































8 to Live By








★ Track It!



Week: _____

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

Food		SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	EVERY DAY!							
Fruits	EAT MORE!	   	   	   	   	   	   	   
Veggies	EAT MORE!	   	   	   	   	   	   	   
Sweetened drinks	AIM FOR NONE!	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE	 NONE  MORE
Dairy or dairy alternatives	DRINK UP!	  	  	  	  	  	  	  
Water	DRINK UP!	       	       	       	       	       	       	       
I ate a meal with my family:								

Sleep & Support	SUN	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: