

Week of:							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8hrs Sleep							
7 mins. In Nature							
6 - 8oz Cups Water							
5 servings of Fruit/Veggie							
4 Positive Self-Messages							
3 hrs or less Screen Time							
2 or less Sugary Drinks							
1 hr Physical Activity							
0 Single Use Plastic Bottles							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What Physical Activity Did You Do?							
How Long Was the Activity?							
Points Earned? (2pts for every 10 mins.)							