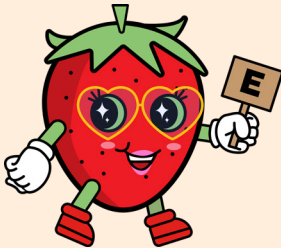
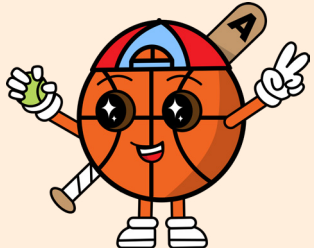




Healthy Habit Tracker

Track your healthy habits and see how far you can go!

Healthy Habit	Week 1							Week 2							Week 3							Week 4						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
 Eat more fruit & Vegetables																												
 Active for one hour or more																												
 Screens for less than two hours																												
 Yes to water, and no to sugary drinks																												



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