## **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	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	M	Т	w	Т	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																												



