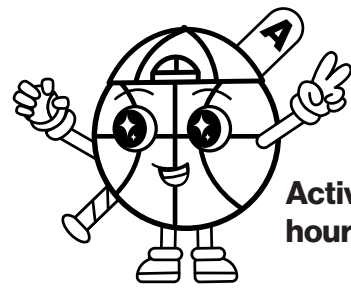


Eat more fruit & Vegetables

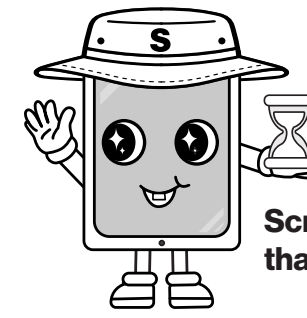


Active for one hour or more

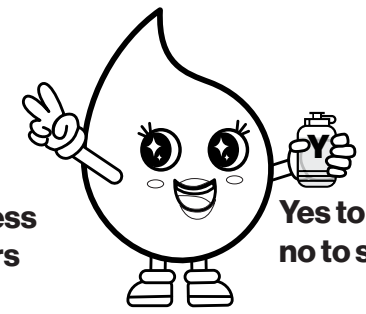
Healthy Habit Tracker

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

Event Date:



Screens for less than two hours



Yes to water, and no to sugary drinks

Name	Week 1					Week 2					Week 3					Week 4				
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F