

**My Goals for My Next Visit:**

Week:	Weekly Journal: Here is an easy way to track what you eat and the activities you do each day.						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Screen Time							
Physical Activity							
Other							



**Eat 5 fruits and  
veggies every  
single day.**



**Limit screen  
time to 2 hours  
or less.**

**Get at least  
1 hour of  
physical  
activity.**



**Limit  
sweetened  
drinks to 0.**

