

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.



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