

	Days of the Week							
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Healthy Behavior								
Eat Breakfast								
Brush Teeth								
Avoid pop								
Eat fruits/vegetables (aim for 5 svgs/day)								
Physical activity (play 60+ minutes/day)								
Sleep 9+ hrs/night								
Do your homework								
Screen time > 2hrs/day								

Mark your calendars!
Good Luck!
