





# Healthy Habits Daily Tracker

<p>Challenge yourself to make healthy choices every day and track your success!</p>	<p>Eat at least <b>five</b> fruits and vegetables a day.</p> 	<p>Limit recreational TV or computer use to <b>two hours</b> or less.</p> 	<p>Get <b>one hour</b> or more of physical activity every day.</p> 	<p>Zero sugary drinks. Try water and low fat milk instead of soda and drinks with lots of sugar.</p> 
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				