Eat Smart. Play Hard. The Tracking Card

| Name: | Week Date: | | | | | | |
|--|-------------|------|-----|-------|-----|-----|-----|
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| My Goals: | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Nutrition | | | | | | | |
| Example: drink a cup of low-fat milk with lunch 5 days a week | X | | X | X | X | | X |
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| My Goals: Physical Activity | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Example: walk with a neighbor for 20 minutes after breakfast 4 days a week | | X | | X | X | X | |
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