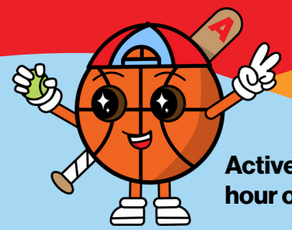
Eat more fruit & Vegetables



Active for one hour or more

Healthy Habit Tracker

Track your healthy habits and see how far you can go!

Screens for less than two hours

Yes to water, and no to sugary drinks

Name	Week 1					Week 2					Week 3					Week 4				
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F

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