My Weekly Healthy Living Tracker

Name: ________________________ Week of: _______________________

**Physical Activity Tracker**
*Tip* Strive for 150 minutes per week!

Monday: ____________________
Tuesday: ____________________
Wednesday: _________________
Thursday: ___________________
Friday: ______________________
Saturday: ____________________
Sunday: _____________________

**Sleep Tracker**
*Tip* Strive for 8 or more hours per night!

Monday: ____________________
Tuesday: ____________________
Wednesday: _________________
Thursday: ___________________
Friday: ______________________
Saturday: ____________________
Sunday: _____________________

**Fruit and Vegetable Tracker**
*Tip* Strive for 5 servings per day!

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One new fruit or vegetable I tried this week: ________________________________