

**Progress Chart for:** \_\_\_\_\_

WEEK OF:

**5 EAT**  
5 fruits and vegetables!

**4 DRINK**  
4 bottles of water!

**2 WATCH**  
less than 2 hours of screen time!

**1 JOIN**  
in at least 1 hour of physical activity!

**8 SLEEP**  
at least 8 hours each night!

Sunday

    
   




Monday

    
   




Tuesday

    
   




Wednesday

    
   




Thursday

    
   




Friday

    
   




Saturday

    
   




I ate my fruits and veggies!

I stayed hydrated!

I limited my screen time!

I got active!

I was well rested!