



GOAL TRACKER

WEEK	5	GOAL: Eat more fruits and veggies	2	GOAL: Less than 2 hours of screen time
DATE	Circle or color in the number of fruits and veggies you ate today: 1 is one serving of fruits or veggies		Circle or color in the number of hours that you had any screen time: TV, video games, computer Each is 30 minutes	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
WEIGHT	1	GOAL: Be physically active	0	GOAL: Drink more water and less soda and juice
BMI	Circle the amount of minutes that you were physically active today: Each represents 15 minutes.		Circle the number sweetened beverages you drank and/or circle the stars for each glass of water you drank. 1 = 8 ounces of sweetened beverage	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Notes: _____				
		SHARE IT		
		In the boxes provided, indicate who you shared the 5210 in 30 Challenge with.		
◀ share ▶	◀ share ▶	◀ share ▶	◀ share ▶	
NAMES	NAMES	NAMES	NAMES	

©

