Name:		Week #					
ACTIVITY (list your healthy behaviors here)	MON	TUES	WED	THUR	FRI	SAT	SUN
(for example) I worked out at the Rec Center today.	1		1		1		1

Activity—page 2	MON	TUES	WED	THUR	FRI	SAT	SUN
Totals for each day $\rightarrow$ $\rightarrow$							

TOTAL POINTS FOR WEEK = \_\_\_\_\_

Name:\_\_\_\_\_