

You can be healthy, too!

Use this chart to track what you eat and how much you exercise for a week.

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	Sunday	snack:
		exercise:
	MOnPay	snack:
		exercise:
	Tuesday	snack:
		exercise:
	Wednesday	snack:
		exercise:
	ThursDay	snack:
		exercise:
77	Friday	snack:
		exercise:
	SaturDay	snack:
		exercise:

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