



WEEKLY #healthYhabits TRACKER

DATE: _____

NAME: _____

WEEKLY HABITS (10 POINTS EACH)

Complete the weekly challenge	
Try a new way to get moving	
Get your blood pressure reading	
Submit your points for prizes	

TOTAL POINTS THIS WEEK:

DAILY HABITS (1 POINT EACH)

Move for 30 minutes	
Drink 64 ounces of water	
Eat a healthy breakfast	
Eat a healthy lunch	
Eat a healthy dinner	
Get 8 hours of sleep	
Take a mindful moment	

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CREATE A PLAN

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