



### N-1-10 Assessment: Tracking Daily Habits

Name \_\_\_\_\_ Date \_\_\_\_\_

Students can draw or write answers, or they can choose to talk through their responses with an adult.

What is the best way to change a behavior?

- a). hope that it gets better
- b). track it to find patterns and set goals to make changes
- c). punish yourself when you do the behavior you want to change

What are three examples of foods that you can eat each day to feel stronger and more energetic?

What is an example of an activity or exercise that you could track each day?