

FRUIT AND VEGGIE TRACKER

DRAW OR WRITE
HOW MANY FRUITS
AND VEGGIES YOU
EAT EACH DAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

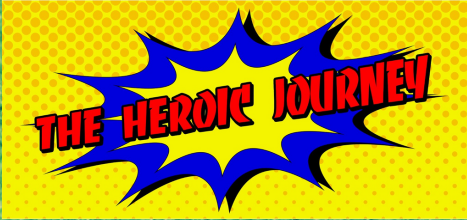
FRIDAY

SATURDAY

SUNDAY



MY EXERCISE TRACKER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
DRAW OR WRITE IN THE ACTIVITIES YOU DO EACH DAY						



MY DRINKS TRACKER



M O N D A Y

T U E S D A Y

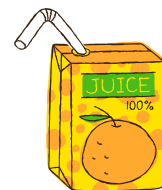
W E D N E S D A Y

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**WHAT TYPES OF DRINKS ARE YOU
HAVING EACH DAY?**

DRAW OR RECORD EACH CUP OR BOTTLE OF JUICE, WATER, SODA, MILK, ETC.

