

A Week of Healthy Choices

My Good Choices!	Mon.	Tues.	Wed.	Thurs.	Fri.	Total
1. I ate breakfast today.						
2. I got plenty of sleep last night.						
3. I exercised today.						
4. I drank at least 6 glasses of water.						
5. I drank water instead of soda.						
6. I ate at least one vegetable at each meal.						
7. I chose white milk instead of chocolate for lunch.						