

OUR HEALTHY CHOICES

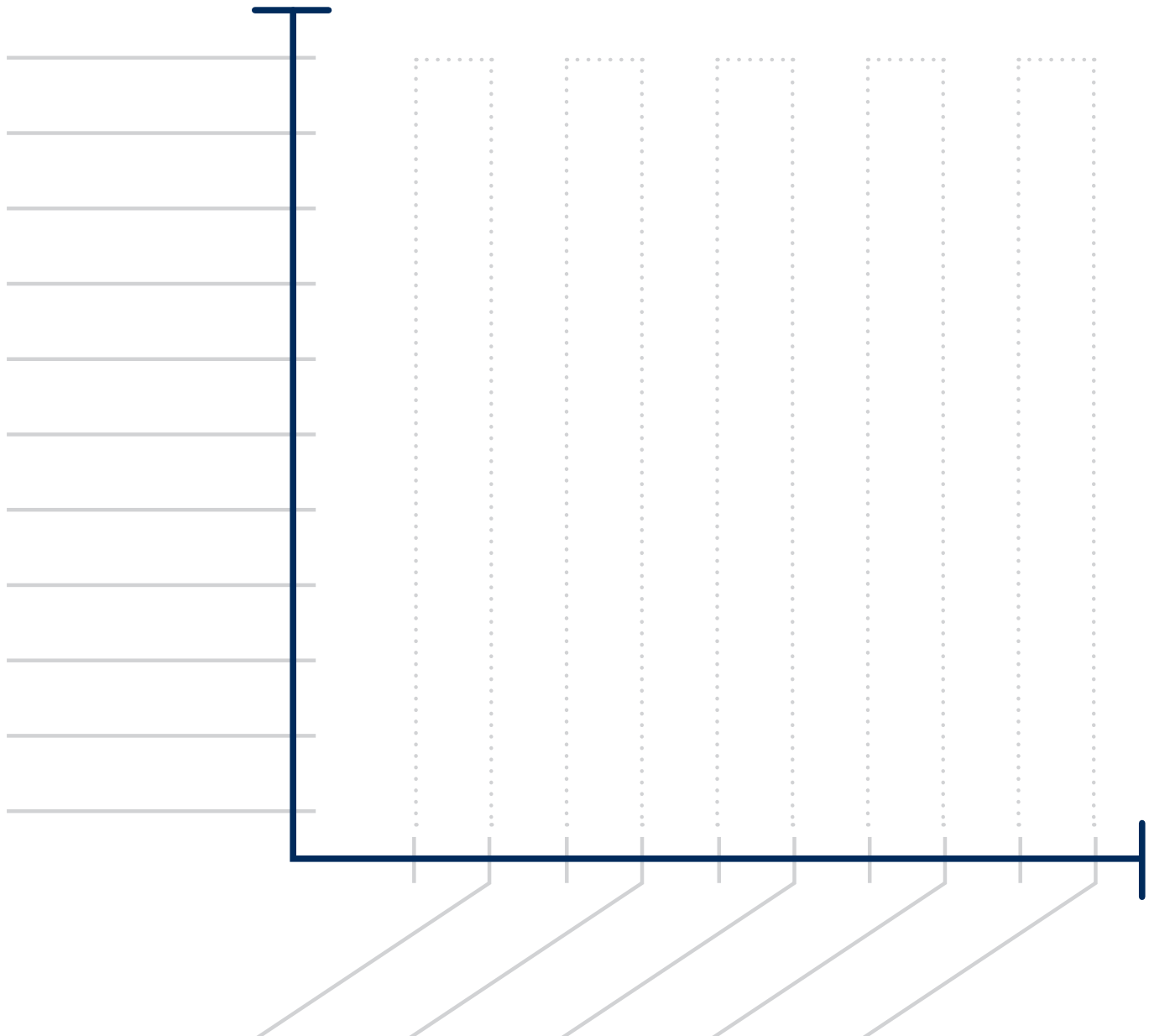
Use the graph below to chart different healthy choices. Choose what (1) what you want to track and (2) over what period of time. Be creative!

Numbers

Minutes

Days

Weeks



Glasses Of Water? Eating Your Veggies? Minutes of Exercise?