




Weekly Goal Tracker

<p>Fill in the stars when you reach your goal for each day of the week.</p> <p>Aim to reach your physical activity, nutrition, and emotional wellness goal every day!</p>	Physical Activity	Balanced Nutrition					Emotional Wellness
	Complete at least 30 minutes of physical activity each day.	Eat at least 2 servings of each food group every day.					Practice at least 1 emotional wellness strategy each day.
		Fruit	Vegetables	Grains	Protein	Dairy	
Sunday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★
Monday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★
Tuesday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★
Wednesday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★
Thursday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★
Friday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★
Saturday	★	★ ★	★ ★	★ ★	★ ★	★ ★	★