

Let's start the journey!

Date: _____

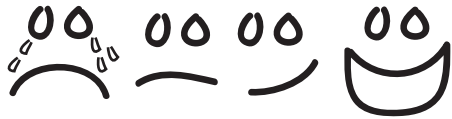
Today my height is: _____

Today my weight is: _____

I am physically active this many days a week (circle one):

1 2 3 4 5 6 7
OK Good Great!

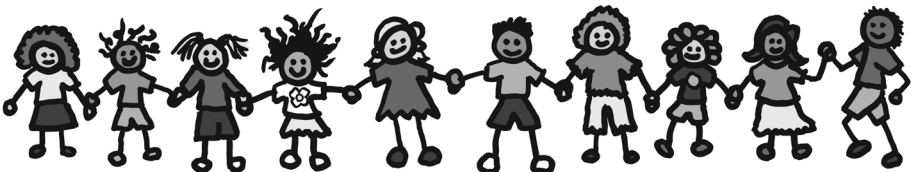
This is how I usually feel:
(circle one)



I like myself because:

My personal wellness goals are:

- Eat more fruits and vegetables
- Be active ____ days a week
- Try a new healthy food ____ days a week
- Watch less TV
- _____



date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

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lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

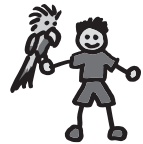
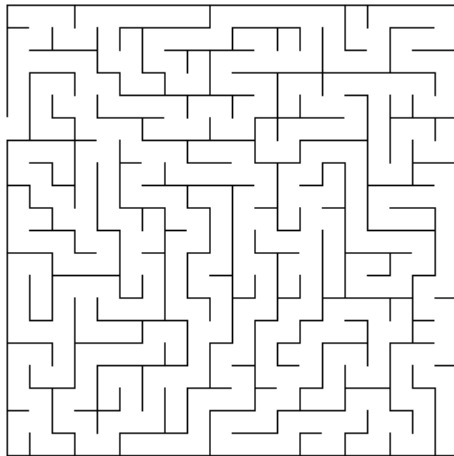


~ Weekly Activity ~

Help this healthy kid reach his friend!



Start here!



date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____

date: _____

What did I eat today?

breakfast: _____

lunch: _____

dinner: _____

I was active today: _____ Yes! _____ No

Daily notes: _____



~ Weekly Activity ~

Unscramble these five fruits!

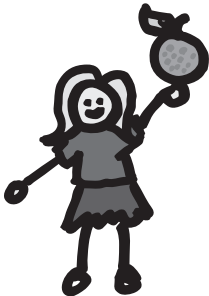
PLPEA _____

RPAGE _____

NRAGEO _____

WIKI _____

AABNNA _____



Continue being a healthy you!

Date: _____

Today my height is: _____

Today my weight is: _____

I am now physically active this many days a week:

1

2

3

4

5

6

7

OK

Good

Great!

This is how I usually feel:
(circle one)



I like myself because:

My personal wellness goals were achieved because I:

