









# Weekly Goal Tracker

	Balanced Nutrition Eat at least 2 servings of each food group every day.				Physical Activity Complete at least 30 minutes of physical activity each day.		Emotional Wellness Practice at least 1 emotional wellness strategy each day.
	Fruit 	Vegetables 	Grains 	Protein 	Dairy 		
Sunday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★
Monday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★
Tuesday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★
Wednesday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★
Thursday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★
Friday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★
Saturday	★ ★	★ ★	★ ★	★ ★	★ ★	★	★