








321go! national down syndrome society Weekly Goal Tracker

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