

Name \_\_\_\_\_


You have the power to live a healthy life.  
Write your commitment to eat better or move more on the line below.

Then help your school win the Governor's Health Bowl by turning this completed tracker back in to your teacher at the end of the challenge.

# My Health Tracker



Total Miles Completed \_\_\_\_\_

	<b>Monday</b> ☑ = Yes	<b>Tuesday</b> ☑ = Yes	<b>Wednesday</b> ☑ = Yes	<b>Thursday</b> ☑ = Yes	<b>Friday</b> ☑ = Yes	<b>Total Weekly Miles</b>
<b>Week 1 Grains</b> Make half your grains whole	<input type="checkbox"/> I ate 4 grain foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 4 grain foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 4 grain foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 4 grain foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 4 grain foods. <input type="checkbox"/> I was physically active for 60 min.	<b>Add up all your ☑ boxes.</b> _____
<b>Week 2 Vegetables</b> Vary your veggies	<input type="checkbox"/> I ate 2 veggies. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 veggies. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 veggies. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 veggies. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 veggies. <input type="checkbox"/> I was physically active for 60 min.	<b>Add up all your ☑ boxes.</b> _____
<b>Week 3 Fruits</b> Focus on fruits	<input type="checkbox"/> I ate 2 fruits. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 fruits. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 fruits. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 fruits. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 2 fruits. <input type="checkbox"/> I was physically active for 60 min.	<b>Add up all your ☑ boxes.</b> _____
<b>Week 4 Dairy</b> Get your calcium rich foods	<input type="checkbox"/> I ate 3 low-fat dairy foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 low-fat dairy foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 low-fat dairy foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 low-fat dairy foods. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 low-fat dairy foods. <input type="checkbox"/> I was physically active for 60 min.	<b>Add up all your ☑ boxes.</b> _____
<b>Week 5 The Food Groups</b> Eat from all 5 food groups	<input type="checkbox"/> I ate from all 5 food groups. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate from all 5 food groups. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate from all 5 food groups. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate from all 5 food groups. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate from all 5 food groups. <input type="checkbox"/> I was physically active for 60 min.	<b>Add up all your ☑ boxes.</b> _____
<b>Week 6 Breakfast</b> Breakfast gets you going	<input type="checkbox"/> I ate 3 of the 5 food groups for breakfast. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 of the 5 food groups for breakfast. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 of the 5 food groups for breakfast. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 of the 5 food groups for breakfast. <input type="checkbox"/> I was physically active for 60 min.	<input type="checkbox"/> I ate 3 of the 5 food groups for breakfast. <input type="checkbox"/> I was physically active for 60 min.	<b>Add up all your ☑ boxes.</b> _____