

NUTRITION GOT

Indicate the days of the week, check the boxes you were able to meet basic requirements for that day and smile! <u>Have Fun with Exercise!</u> <u>Place date next to day.</u>	I ate my veggies!	I ate my fruit!	I love water!
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Tuesday (Date:)			
Wednesday (Date:)			
Thursday (Date:)			
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FOR YOUR USE ONLY, NOT TO BE SUBMITTED