

# NUTRITION - GO!

|   |                   |                 |               |
|---|-------------------|-----------------|---------------|
| Indicate the days of the week, check the boxes you were able to meet basic requirements for that day and smile!<br><br><u>Have Fun with Exercise!</u><br><u>Place date next to day.</u> | I ate my veggies! | I ate my fruit! | I love water! |
| Sunday (Date: )   |                   |                 |               |
| Monday (Date: )   |                   |                 |               |
| Tuesday (Date: )  |                   |                 |               |
| Wednesday (Date: )  |                   |                 |               |
| Thursday (Date: )   |                   |                 |               |
| Friday (Date: )   |                   |                 |               |
| Saturday (Date: )   |                   |                 |               |

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Print Name then Initial: \_\_\_\_\_  
 Date: \_\_\_\_\_