

Worked to reduce an unhealthy habit

Track my points

HGAL Cha move •	II HOUSE II LONG ENGLISH OF THE STATE OF THE	Week Start Use this pap		elp you keep	Week E track of your h	nd Date: ealthy activitie	es.		ORANGE Live. Grow. Win.	LIFE
*	move									
₹ ₃₀	Incorporated either two 15-minute sessions or one 30-minute session of continuous physical activi into my day		EXERCISE (CAN MAKE YO	OU FEEL BETTE Wednesday	R AND HAVE N	MORE ENERG Friday	Y. Saturday	Sunday	
	FUEL									
	Drank 64 ounces of water Chose whole grains instead of refined grains Ate at least 3 servings of fruits and vegetables Avoided oversized portions		HEALTHIER Monday	EATING IS K Tuesday	EY TO OVERAL Wednesday	L GOOD HEALT Thursday	ΓΗ. Friday	Saturday	Sunday	
	Balance									
Ů ₁₅	Took 15 minutes or more to a something that was calming Slept 7 hours or more		WHEN LIFE IS BUSY, IT'S ALL TOO EASY TO FIND YOURSELF OFF BALANCE. Monday Tuesday Wednesday Thursday Friday Saturday Sunday							