

Healthy Challenge Checklist

(Cause you rock!)

*www.fightingtherain.weebly.com*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Challenge | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| No soda | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| No junk | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 80 oz water | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 5 fruits/veggies | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Exercise | ☐☐ | ☐☐ | ☐☐ | ☐☐ | ☐☐ | ☐☐ | ☐☐ |
| **Total** |  |  |  |  |  |  |  |

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| Notes |
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