

Name _____ Date _____

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOTAL					

BEST WEEK EVER TRACKER

Fill in the the activity colomn with options from the list or create your own. Track and mark your actions each day to have an awesome week

GET ACTIVE

Took a Walk Outside
Went for a Bike Ride
Took My Dog for a Walk
Played at the Park
Played a Sport
Did Some Stretches
Did Some Jumping Jacks
Took Some Deep Breaths

NUTRITION

Ate Breakfast
Ate Lunch
Ate a Snack
Tried a New Food
Stayed Hydrated
Helped Cook a Meal
Ate Some Fruit
Ate Some Veggies

MENTAL WORKOUT

Read a for 20 minutes
Create a Picture
Write a Story or Poem
Learned Something New
Did my Homework
Practiced a 2nd Language

FUN FOR EVERYONE

Helped a Friend
Played a Game
Did a Dance
Tried a New Hobby
Listen or played music

