

# NUTRITION TREKKER!

	BREAKFAST	LUNCH	SNACKS	DINNER	PHYSICAL ACTIVITY
WEEK					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

**NOW IT'S EASY TO KEEP YOUR HEALTHY ROUTINE ON TRACK.** With this handy chart, there's no more guesswork about what you did when. Here's the drill. Print out one of these charts each week. Use it to track your food and activity. Your goal is simple. Eat fruits and vegetables and make sure you get physically active during the week. That's it! Just begin tracking

your routine tomorrow morning and continue for one week. You'll be surprised at how this simple chart can help you spot trends and motivate you to continue. Your health care team will also appreciate seeing your weekly charts the next time you go in for a checkup. It's easy to get started and a commitment you'll feel good about! Start trekking on your wellness journey!

