

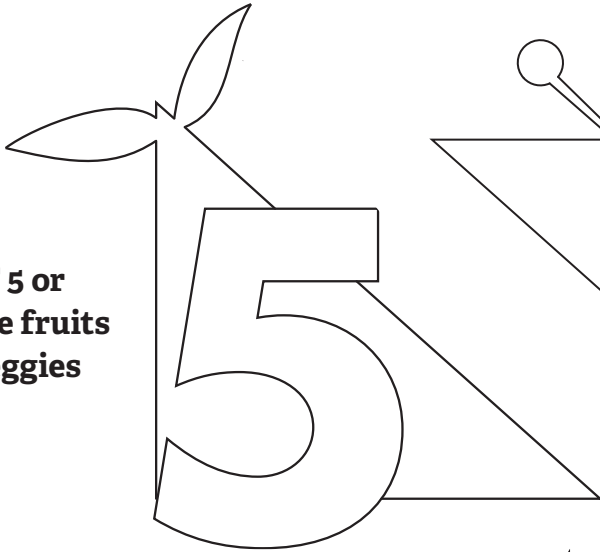


Every Day!

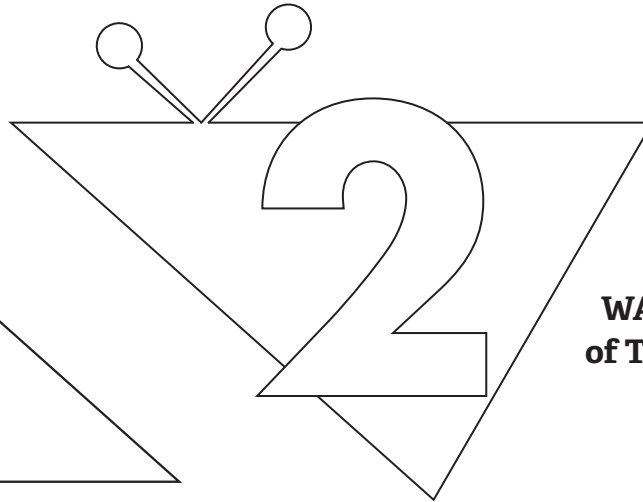
***My healthy goal is to***

\_\_\_\_\_ ***every day.***

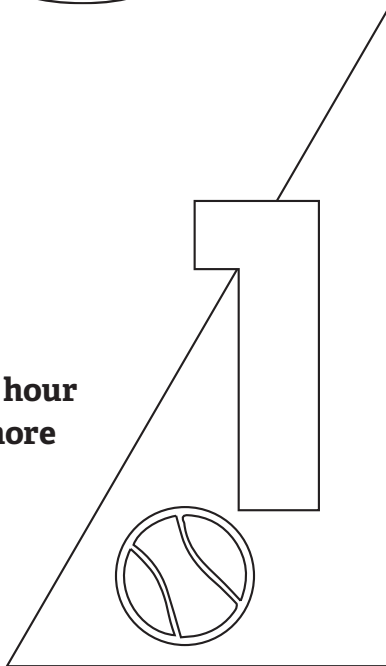
**EAT 5 or  
more fruits  
& veggies**



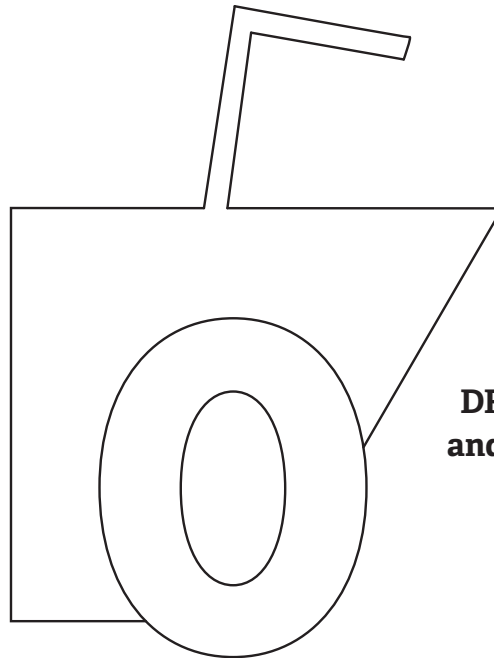
**WATCH 2 hours or less  
of TV and video games**



**PLAY 1 hour  
or more**



**DRINK 0 sodas  
and more water**



**Name:** \_\_\_\_\_

**And** \_\_\_\_\_

***says he/she will help  
me achieve my goal.***