



Independence
Blue Cross

Independent licensee of the
Blue Cross and Blue Shield Association.



My Goals for My Next Visit:

Week:	Weekly Journal: Here is an easy way to track what you eat and the activities you do each day.						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Screen Time							
Physical Activity							
Other							



Eat 5 fruits and
veggies every
single day.



Limit screen
time to 2 hours
or less.

Get at least
1 hour of
physical
activity.



Limit
sweetened
drinks to 0.

