

# STAY ON A HEALTHY TRACK

Want to form healthy habits? Track them here! Tackle one at a time, identify your “why” and get support from friends or family.

	MON	TUES	WED	THUR	FRI	SAT	SUN

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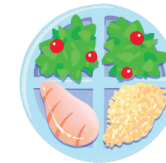
Not sure where to start?  
Try one of these!



Drink an extra glass of water each day.



Move your body 10+ more minutes each day.



Eat one more scoop of veggies each day.



Sleep 30 more minutes each night.

Discover more ways to form healthy habits at

 **ShapeYourFutureOK.com**

