**KIDS ACTIVITY TRACKER**

1. Circle the icons for the healthy habit(s) you complete each day.
2. Write down the # of minutes of activity you did each day.
3. Ask your parents to log your activity online!

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**Earn Points with Healthy Habits:**

- Drink 6-8 glasses of water.
- Limit screen time (1 hour); get outdoors!
- Limit sugar intake.
- Eat more whole grains.
- Eat 3-5 servings of fruits and veggies.

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Need a new tracker? Print one out and get healthy family tips and recipes at [FitFamilyChallengeSC.com](http://FitFamilyChallengeSC.com).