



**Enter  
how well  
you did  
today!**



fruits & veggies



hours or less of  
TV & computer time



hour of  
physical activity



sugar sweetened  
beverages

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



**healthy  
connections**  
TODD • WADENA

*A community health collaborative*  
[www.toddwadenahealthyconnections.org](http://www.toddwadenahealthyconnections.org)