

# Kidz Creed Diary

How Did I Do?

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	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTALS	Weekly GOAL	PLS /MIN
How many hours have you been physically active today?									7	
How many hours of screen time today (TV + video games)?									14	
How many glasses of water have you drank today?									21	
How many fruits + veggies have you eaten today?									35	
How much fast food have you eaten today?									1	
How many soft drinks have you drank today?									2	
How much junk food have you eaten today?									3	

- \* fast food = 1 regular size meal
- \* soft drink = 12 ounce can
- \* junk food = 1 regular size candy bar