








95210

Weekly Challenge Chart

| I WILL... | MON | TUE | WED | THU | FRI | |
|--|-----|-----|-----|-----|-----|--|
|  <p>9 Hours of Sleep</p> | | | | | | |
|  <p>5 Servings of Fruits/Veggies</p> | | | | | | |
|  <p>2 Hours of Screen Time</p> | | | | | | |
|  <p>1 Hour of Exercise</p> | | | | | | |
|  <p>0 Sugary Drinks</p> | | | | | | |



Name:

Teacher: