



BlueCross BlueShield Association

An Association of Independent Blue Cross and Blue Shield Plans



My Goals for My Next Visit:

Week:	Weekly Journal: Here is an easy way to track what you eat and the activities you do each day.						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Screen Time							
Physical Activity							
Other							



Eat 5 fruits and veggies every single day.



Limit screen time to 2 hours or less.



Get at least 1 hour of physical activity.

Limit sweetened drinks to 0.





BlueCross BlueShield
Association

An Association of Independent
Blue Cross and Blue Shield Plans



My Goals for My Next Visit:

Week:	Weekly Journal: Here is an easy way to track what you eat and the activities you do each day.						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Screen Time							
Physical Activity							
Other							



Eat 5 fruits and
veggies every
single day.



Limit screen
time to 2 hours
or less.

Get at least
1 hour of
physical
activity.



Limit
sweetened
drinks to 0.

