



CHECK IN BOX WHEN DO STRETCHES OR TAKE A FIT BREAK.
CHECK IN BOX FOR EACH HOUR OF SCREEN TIME.

| | STRETCHES & FIT BREAKS | SCREEN TIME |
|-------|---------------------------------------|------------------------|
| Day 1 | | |
| Day 2 | | |
| Day 3 | | |
| Day 4 | | |
| Day 5 | | |
| Day 6 | | |
| Day 7 | | |

My activity/screen time goal _____

