



Countdown to Better Health Challenge

Personal Tracking Form

	10.....	9.....	8.....	7.....	6.....	5.....	4.....	3.....	2.....	1.....	0!
Challenge Goals:	10,000 steps a day	Hours of sleep a night	Glasses of water a day	Breakfasts a week	Family meals a week	Servings of fruits and vegetables daily	To 6 Servings of whole grains a day	To 4 Servings of low-fat dairy a day (1% or skim)	Hours or less of daily screen time	Hour or more of physical activity per day	Drinks per day with added sugar
Day:											
Sunday											
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											

Make a copy for each week of the challenge and put them in a binder to track your achievements.

Have a question? Ask Dr. Judy at www.askdrjudy.com. Also log on for additional resources, including podcasts on pediatric nutrition and a free e-newsletter.