

Healthier at Home



Write one thing you are grateful for.



Write what you did to be physically active.



Write one positive nutrition choice you made.

Day 1

Day 2

Day 3

Day 4

Day 5







Day 6

Day 7

Day 8

Day 9

Day 10







Day 11

Day 12

Day 13

Day 14

Day 15







Day 16

Day 17

Day 18

Day 19

Day 20






