



Healthy Habits for Month of _____

Sun

Mon

Tues

Weds

Thurs

Fri

Sat

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| Date _____ __ Exercise __ Eat Healthy __ Drink Water | Date _____ __ Exercise __ Eat Healthy __ Drink Water | Date _____ __ Exercise __ Eat Healthy __ Drink Water | Date _____ __ Exercise __ Eat Healthy __ Drink Water | Date _____ __ Exercise __ Eat Healthy __ Drink Water | Date _____ __ Exercise __ Eat Healthy __ Drink Water | Date _____ __ Exercise __ Eat Healthy __ Drink Water |
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Exercise 30-60 minutes most days - Eat 5 servings of fruits & vegetables daily - Water 8-10 cups per day