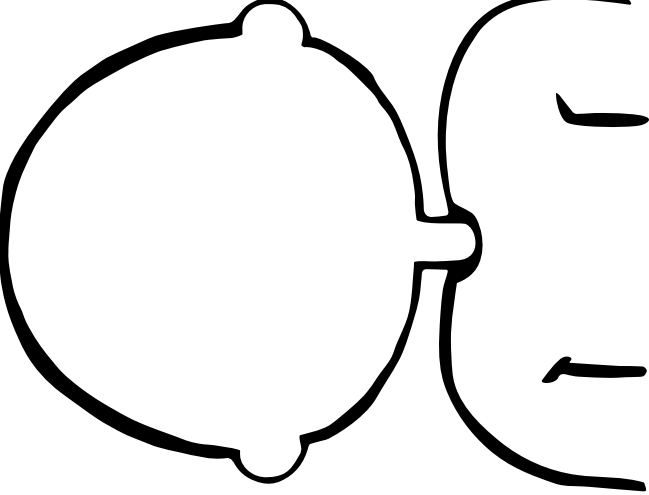


WEEKLY HEALTHY EATING AND HYDRATION CHART

<p>TUESDAY</p> <hr/> <p>○○○○○○○○</p>	<p>WEDNESDAY</p> <hr/> <p>○○○○○○○○</p>	<p>THURSDAY</p> <hr/> <p>○○○○○○○○</p>
<p>MONDAY</p> <hr/> <p>○○○○○○○○</p>		<p>FRIDAY</p> <hr/> <p>○○○○○○○○</p>
<p>SUNDAY</p> <hr/> <p>○○○○○○○○</p>		<p>SATURDAY</p> <hr/> <p>○○○○○○○○</p>

DIRECTIONS:

- 1. Finish the drawing of yourself in the middle.
- 2. Write one healthy item you ate for each day and draw a picture of it.
- 3. Color in one water drop for every 8oz. of water you drink.

Name: _____ Age: _____ Date: _____