

Healthy Weight Habits Tracker by Health Beet

SUN

MON

TUES

WED

THURS

FRI

SAT

Portion Control

Fruit							
Vegetable							
Protein							
Carb or Grain							
8 glasses of water							

Behavior

1 scheduled snack							
No food 3 hours before bed							
Exercise or activity							
Move after dinner							
Write in a journal							
Eat meals at a table							

“Take care of your body. It’s the only place you have to live.” – Jim Rohn

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