We Can! Try Tips to Eat Well and Move More Tracking Sheet

Pick a tip each week to help you eat well and move more! Fill in the tips on this tracking chart to encourage you to keep it up. Put the tracking sheet on your refrigerator or other central location for everyone to see that you are making steps toward maintaining a healthy weight.

Week	Eating Well Tip	Moving More Tip	Notes
Week 1			
Week 2			
Week 3			