

BACK 2 BASICS



21-DAY HABIT TRACKER: 5 OR MORE FRUITS & VEGGIES A DAY!

FILL IN an apple each time you eat a fruit or vegetable for the next 21 days! Make eating your fruits and veggies a habit!

NAME: _____

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					
Day 21					

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