

Name:

Dept:

JUNE 2018

BIOSCREEN BOOTCAMP

- Record one exercise habit and one healthy food habit on each day of the calendar.
- An example could be going for a walk at lunch time and eating a piece of fruit instead of a candy bar for an afternoon snack.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30