Daily Report Card

MONTH _____

	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	31
1 WEIGH Yourself																															
2 DRINK MORE WATER																															
JOON'T EAT & DRINK AT THE SAME TIME																															
4 EAT FRUIT FOR BREAKFAST																															
5 MIX THE RIGHT FOODS																															
GRADES																															

A = ALL FIVE STEPS

B = GOT FOUR

C = DID THREE

D = ONLY TWO

F = JUST ONE

SCHOOLSHAKE COM