



5 to Thrive! Daily Tracker

Small steps each day. Progress over perfection.

Name:

Week of:

Day	Fruits/Veg (5)	Water (4)	Protein (3)	Screen ≤2h		Movement 1h		Notes
Mon				Y	N	Y	N	
Tue				Y	N	Y	N	
Wed				Y	N	Y	N	
Thu				Y	N	Y	N	
Fri				Y	N	Y	N	
Sat				Y	N	Y	N	
Sun				Y	N	Y	N	

Weekly Reflection

What went well?

What was challenging?

One goal for next week: