	SLEEP HRS	BREAKFAS	FRUITS	VEGGIES	WATER	SODA	CAFFEINE	DRINKS
Monday								
Tuesday								
Wednesda	У							
Thursday								
Friday								
Saturday								
Sunday								
	7 to 9 hours	a night	1.5 cups girl	2.5 cups girl	8-13 cups m	ien	ideally 0 mg	<300 mg
	www.mayoclinic.com		2 cups boys	3 cups boys	8-9 cups women		1 12oz coffee = 100-260	
			more if over 30 minutes ( <u>www.mayoclinic.com</u>					
			www.choose	emyplate.gov				
		http://www.	livestrong.co	m/article/512	<u></u>	<u>mful-effe</u> ct	s-of-caffeine-o	n-teenagers/
<b>ACTIVIT</b>	estimate the	minutes spe	nt each day	for each com	ponent in the	1st line		
ACIIVII		he activity or						
	CARDIO	· · · · · · · · · · · · · · · · · · ·			COOR-			TOTAL
	ENDURANC	STRENGTH	FLEXIBILIT	AGILITY	DINATION	SPEED	POWER	MINUTES
Monday								
Tuesday								
Wednesda	<b>v</b>							
Thursday								
Friday								
Saturday								
Sunday								
Januay								
								1