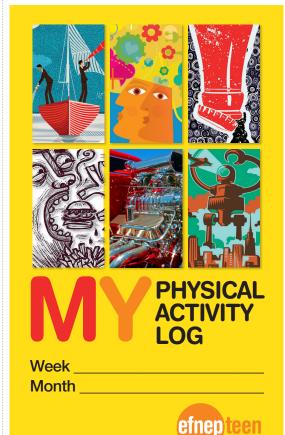
Friday time of day / description of activity (type of intensity level) / duration

Saturday time of day / description of activity (type of intensity level) / durati

Sunday time of day / description of activity (type of intensity level) / duration Learn more at https://www.cdc.gov/healthy weight/losing_weight/eating_habits.html © 2021 by the Alabama Cooperative Extension System. All rights reserved. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University)is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. FCS-2517

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Wednesday Tuesday **Thursday** Monday time of day / description of activity (type of intensity level) / duration time of day / description of activity (type of intensity level) / duration