



2026-2027 Classroom Tracker



9 5 2 1 0 + You

School Name _____

Teacher Name _____

Student Name: _____

OCTOBER



GOAL
SETTING

NOVEMBER



BE YOUR BEST
YOU TO OTHERS

DECEMBER



BE YOUR BEST
YOU TO YOU

JANUARY



9 HOURS OF
SLEEP PER NIGHT

FEBRUARY



5 SERVINGS OF
FRUITS/VEGGIES

MARCH



2 HOURS OR LESS
SCREENTIME

APRIL



1 HOUR OF
PHYSICAL ACTIVITY

MAY



DRINK MORE
H2O!



Teachers: Hang this tracker in your classroom to show students their progress throughout the year!

Complete the Challenges and Win Great Prizes!

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