Today's Activity

The following is a chart to help you see what you presently spend on products that are not the most desirable for your health. Take a good look at what you spend for an entire week and decide if you want to explore other plans with your money.

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total
candy/gum								
bakery								
snack cakes								
chips/dips								
fast food								
tobacco								
soda pop								
caffeine								
alcohol								
TV dinners								
ice cream								
other								