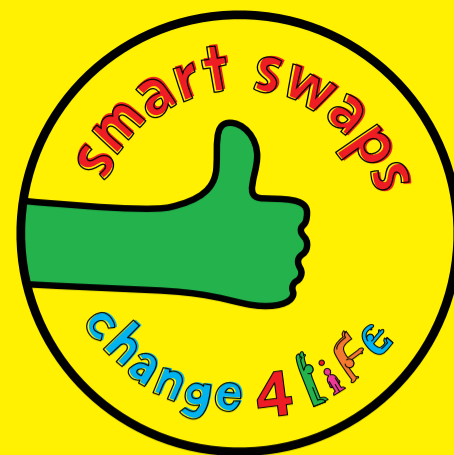


# how many smart swaps have i made this week?



Name: .....

Date: .....

Every time you make a swap, put a sticker in the box.

Swaps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
What have you swapped to:								Add up all the stickers in this row
What have you swapped to:								Add up all the stickers in this row
What have you swapped to:								Add up all the stickers in this row
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What have you swapped to:								Add up all the stickers in this row
What have you swapped to:								Add up all the stickers in this row

Search [Change4Life](#) for some more healthy swap ideas

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**Grand total**