









































Healthy Eating Chart *★ Name: _____*

Receive 1 point for every box completed, plus 1 bonus point for trying a new food.
Collect 30 points by the end of the week and receive a reward!

MON DAY **TUES DAY** **WEDNES DAY** **THURS DAY** **FRI DAY** **SATUR DAY** **SUN DAY**

 WATER							
 PROTEIN							
 WHOLE GRAINS							
 VEGGIES							
 FRUIT							

Try SOMETHING NEW



Daily POINTS

○ ○ ○ ○ ○ ○ ○



REWARD: _____

=  points per week

