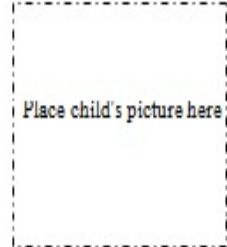


Today: _____ Name: _____



Grains

(6-11 servings)

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



Fruits

(2-4 servings)

○ ○ ○ ○



Vegetables

(3-5 servings)

○ ○ ○ ○ ○



Meats & Proteins

(2-3 servings)

○ ○ ○



Dairy

(2-3 servings)

○ ○ ○



Water

(depends on age)

○ ○ ○ ○ ○ ○



Check off each day of the week as you complete it:

S	M	T	W
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T	F	S
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My reward for the week is...
