









































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

