






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

