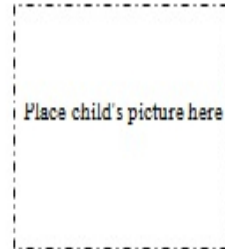





Today: \_\_\_\_\_ Name: \_\_\_\_\_




 **Grains** ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○  
(6-11 servings)

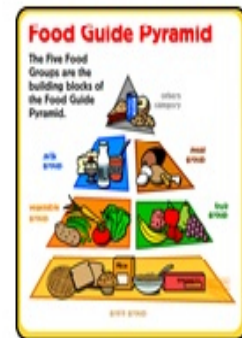
 **Fruits** ○ ○ ○ ○  
(2-4 servings)

 **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
T	F	S	

My reward for the week is...