

Name: _____

My reward for this week: _____



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains (6-11 servings)	★						
Fruits (2-4 servings)							
Vegetables (3-5 servings)							
Meats & Proteins (2-3 servings)							
Dairy (2-3 servings)							
Water (2-3 servings, depends on age)							