

Healthy *Eating* Chart

Name

Month

<i>Sunday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Monday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Tuesday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Wednesday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Thursday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Friday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Saturday</i>	☐	☐	☐	☐	☐	☐	☐

Try _____ new healthy foods to win a prize!