

MEALTIME HERO

NAME: _____ WEEK OF: _____

DAY

BREAKFAST

LUNCH

DINNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

BEHAVIOR GOALS

- Staying seated until finished

- Using "Please" and "Thank You"
- Trying at least two bites of everything
- Helping clear the plate

WEEKLY REWARD

Target Stickers: _____

Reward: _____