

DAILY BALANCED DIET REWARDS

Name: _____

Week Of: _____

FOOD GROUP

DAILY GOAL

MTWTFSS (CHECK DAILY)

Leafy Greens

2 Servings

Lean Protein

3 Servings

Whole Grains

3 Servings

Fruit

2 Servings

Water Intake

8 Glasses

WEEKLY GOAL

Total Stars: _____

REWARD EARNED

Description: _____

NOTES & REFLECTIONS