

MY HEALTHY EATING ADVENTURE

Track your colorful food goals every day!

Name: _____

Week Of: _____

Food Group	Mon	Tue	Wed	Thu	Fri	Sat	Sun
? Green Veggies							
? Bright Fruits							
? Strong Protein							
? Whole Grains							
? Water Hero (4+ glasses)							

? My Goal Reward: _____

Fill in the circles when you eat from each group. Try to get 5 circles every day!