

HEALTHY EATING CHAMPION

I can fuel my body with colorful food!

NAME:

WEEK OF:

**FOOD
GROUP**

MON

TUE

WED

THU

FRI

SAT

SUN

? Veggies

? Fruits

? Protein

? Water

MY REWARD GOAL:

Collect stickers each time you try a healthy portion. 20 stickers = Award!