

# HEALTHY GROCERY REWARDS

NAME:

MONTH:

HEALTHY FOOD CATEGORY	SERVINGS TRACKED	POINTS
Leafy Greens & Vegetables		/ 5
Fresh Fruits		/ 5
Lean Proteins		/ 5
Whole Grains		/ 5
Water Intake (8oz)		/ 5

**GOAL: 25 TOTAL POINTS**

REWARD:

*Mark one circle for every healthy choice made. Complete the chart to earn your grocery reward!*