



Challenge

TRACKER



NAME: _____

Week 1

The challenge I enjoyed most was...

_____.

I colored in the most green dots for ...

Name the week: _____.

Week 2

Eat a fruit or vegetable.

One challenge I want to continue is...

_____.

Week 3

Spot a whole grain food + protein.

I am proud of myself for...

_____.

Week 4

Spy the ingredient sugar listed by any of its names.

Small steps really can lead to big changes!

Week 5
Move my body.

Week 6
Measure my food amount with my hand.

