



'S MEAL CHART

Each time you eat a meal, color in the fork. At the end of the week, if you've eaten that meal each day, color in the balloon.



MON

TUE

WED

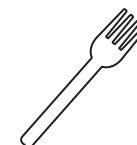
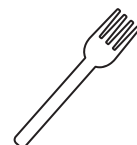
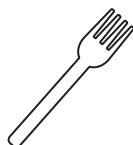
THU

FRI

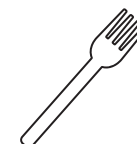
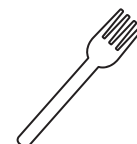
SAT

SUN

BREAKFAST:



LUNCH:



DINNER:



➤ **CONGRATULATIONS!** ➤

MY REWARD IS: _____

