

Hungry Goal Getters

Create a healthy food goal for yourself this week. Draw a few hearts for each day you meet the goal and one for the days you couldn't quite make it.

Some example goals: Try a new fruit or vegetable. Drink 5 cups of water per day. At the end of the week, review and decide if you want to try a new goal or continue with this one.

My Food Goal: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							