

Challenge TRACKER

NAME:

Use colors to track your challenge results

GREEN — Yes!

YELLOW — some

ORANGE — Tried or thought about it

PURPLE — No or forgot

	CHALLENGE	DAYS
Week 1		M T W Th F
Week 2	Eat a fruit or vegetable.	M T W Th F
Week 3	Spot a whole grain food + protein.	M T W Th F
Week 4	Spy the ingredient sugar listed by any of its names.	M T W Th F
Week 5	Move my body.	M T W Th F
Week 6	Measure my food amount with my hand.	M T W Th F