Healthy Eating

Name _____ Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wash Hands	☐	☐	☐	☐	☐	☐	☐
Eat Your Fruit	☐	☐	☐	☐	☐	☐	☐
Eat Your Vegetables	☐	☐	☐	☐	☐	☐	☐
Try a New Food	☐	☐	☐	☐	☐	☐	☐
Drink Water	☐	☐	☐	☐	☐	☐	☐
All done!	☆	☆	☆	☆	☆	☆	☆

Tick each task when it's done. When the whole list is ticked, colour in that day's star.

I'm saving my stars for:

_____

Little Streaks: routines and rewards for kids, for iPhone and iPad. Every routine on littlestreaks.com/routines