



This week our family will:

☐


Eat a dark green, red, or orange vegetable at dinner each night

☐


Switch to a whole grain cereal for breakfast

☐

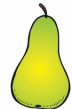

Drink fat free or low fat milk

☐


Eat beans or peas at dinner at least once

☐


Drink water instead of soda or other sweet drinks

☐


Enjoy fruit for dessert

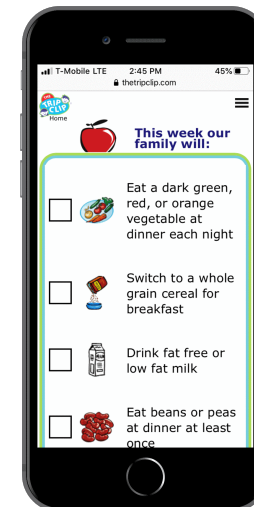
Want to make some changes?

You can edit this at
TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!





This week our family will:

☐

Eat a dark green, red, or orange vegetable at dinner each night

☐

Switch to a whole grain cereal for breakfast

☐

Drink fat free or low fat milk

☐

Eat beans or peas at dinner at least once

☐

Drink water instead of soda or other sweet drinks

☐

Enjoy fruit for dessert

Want to make some changes?

You can edit this at
TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!

