



# Healthy Eating Tracker

M o n	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
T u e	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
W e d	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
T h u	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
F r i	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
S a t	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
S u n	 Eat green, red, or orange	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	

Try a chart like this to track your family's progress towards healthier eating.  
 If you achieve a goal just one time in a week, celebrate, and then try for twice the next week.  
 If you reach the goal for all 7 days in the week, you can set a new goal for the next week!

You can easily edit this list at [www.thetripclip.com](http://www.thetripclip.com)