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| | | | | | | | |
|-------------|--|--|---|--|--|--|--|
| M o n |  Eat green, red, or orange veg |  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 veg |  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 veg |  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 veg |  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 veg |  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 veg |  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 veg |  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