

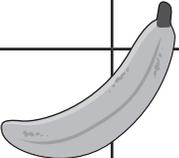


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Breakfast Tracker

Instructions: Write or draw a picture of what you eat for breakfast, every day, for 1 week (including Saturday and Sunday). Draw a green "O" around the "Go" foods. Draw a yellow "Δ" around the "Slow" foods. Draw a red "□" around the "Whoa" foods. At the end of the week, count how many foods you ate from each group.

DAYS	WHAT I ATE FOR BREAKFAST
<p>MONDAY</p> 	
<p>TUESDAY</p> 	
<p>WEDNESDAY</p>	



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Breakfast Tracker

DAYS	WHAT I ATE FOR BREAKFAST
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

