

**Monday** First Try?:    **Thursday** First Try?:

Fruits	<input type="checkbox"/> apple	<input type="checkbox"/> bananas	<input type="checkbox"/> cantaloupe	<input type="checkbox"/> grapes	<input type="checkbox"/> oranges	<input type="checkbox"/> 6oz	<input type="checkbox"/> other
Vegetables	<input type="checkbox"/> broccoli	<input type="checkbox"/> carrots	<input type="checkbox"/> celery	<input type="checkbox"/> salad	<input type="checkbox"/> spinach	<input type="checkbox"/> 6oz	<input type="checkbox"/> other
Grains	<input type="checkbox"/> bagel	<input type="checkbox"/> cereal	<input type="checkbox"/> oats	<input type="checkbox"/> rice	<input type="checkbox"/> wheat	<input type="checkbox"/> _____	<input type="checkbox"/> other
Dairy	<input type="checkbox"/> cheese	<input type="checkbox"/> skim	<input type="checkbox"/> soy milk	<input type="checkbox"/> whole milk	<input type="checkbox"/> yogurt	<input type="checkbox"/> _____	<input type="checkbox"/> other
Water 6oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Activities	walking: _____ min		running: _____ min		swim: _____ min		
Exercises	push ups: _____ reps		sit ups: _____ reps		jumping jacks: _____ reps		

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**Tuesday** First Try?:    **Friday** First Try?:

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**Wednesday** First Try?:    **Puzzle** **Words** <http://www.kidsfoodjournal.com/journal>

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- APPLE
- CHEESE
- GRAPES
- MILK
- OATS
- ORANGE
- POTATO
- SPINACH
- WHEAT

**P U Z Z L E**

H	T	K	O	A	G	C	G
X	C	A	L	R	N	H	P
W	T	A	A	I	A	E	O
S	H	P	N	P	M	E	T
Y	E	E	P	I	D	S	A
S	L	L	A	P	P	E	T
T	E	P	S	T	B	S	O
O	R	A	N	G	E	V	M

**Child's Name:** \_\_\_\_\_

**Food Words of the Week:**

1) \_\_\_\_\_

2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_