

Our Refrigerator Goals

Place a check mark below for each serving of fruit or vegetable you eat each day.

NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Place a check mark below for each 15 minute "active" activity you do each day.
Place a circle for each 15 minutes of TV, computer, or video game activity.

NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Our Snack List

Anytime

Sometime

Occasional
