



HEALTHY

Meal Tracker



Healthy Meal Tracker



Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water (8 glasses of 8oz.)	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							



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