

## My Eating Chart!

Check my box on the days that I eat all of my food!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

YAY, I DID IT $;$ I ate all of my food this many times
Here is my signature $\qquad$

