


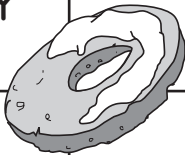


Name: \_\_\_\_\_

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

## Breakfast Tracker

Instructions: Write or draw a picture of what you eat for breakfast, every day, for one week (including Saturday and Sunday!). Draw a "O" around the GO foods. Draw a "Δ" around the SLOW foods. Draw a "□" 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
MONDAY 	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY 	
SUNDAY	