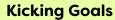


Can you eat from all five food groups?

Write or draw a picture of what you eat each night for dinner and what kind of physical activity you have done - this could be football training, walking to school, going for a bike ride or anything active!



Did you eat from each food group?

- 1 goal for each food group
- 1 goal for physical activity

Food Group	Prote	in	Fruit	Dairy	Grains	Vegetables	Physical activity	Kicking Goals - Add your points here
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
MY TRACKING CHART	STAGE 2-3							1