



My tracking chart

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!

Name _____ Date _____

Kicking Goals
 Did you eat from each food group?

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

Food Group	Protein	Fruit	Dairy	Grains	Vegetables	Physical activity	Kicking Goals - Add your points here
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							