

My REWARD CHART

Encourage your child to set food and activity goals each week.

Place a star in the food or activity boxes for each day the goal is achieved.



My goal is:

To achieve my goal I will:

My reward is:

FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY