

The Smarter Mealtimes Movement Challenge

| Month of | | | | | ,20 |
|------------|-------------|--|-------------|-------------|--|
| This Month | is Goals —— | | | | |
| 0 | | 2 | | 3 | |
| | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Number of |
| | - raesauy | • Wednesday | Tharsaay | 1 | 3-Check |
| 1 | 2 | 2 | 2 | 2 | Days |
| 3 | 3 | 3 | 3 | 3 | of 5 |
| | | | | | |
| Mondaγ | Tuesdaγ | Wednesday | Thursday | Friday | Number of |
| 1 2 | 1 | 1 | 1 | 1 | 5-Check |
| | 2 | 2 | 2 | 2 | Days |
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| Mondaγ | Tuesday | Wednesday | Thursday | Friday | North on a G |
| Floriday | - Tuesday | Wednesday | Tiluisuay | | Number of 3-Check |
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| 3 | 3 | 3 | 3 | 3 | of 5 |
| | | | | | |
| Monday | Tuesdaγ | Wednesday | Thursday | Friday | Number of |
| 1 | 1 | 1 | 1 | 1 | 3-Check |
| | 2 | 2 | 2 | 2 | Days |
| 5 | 3 | 3 | 3 | 3 | of 5 |
| Manda | Tuesday | \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\ | Thomas | r.:J. | |
| Mondaγ | Tuesdaγ | Wednesday | Thursday | Friday _ | Number of 3-Check |
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| 5 2 | 3 - | _ 2 | 2 | 2 | of 5 |
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