



# The Smarter Mealtimes Movement Challenge

Month of \_\_\_\_\_, 20\_\_\_\_

This Month's Goals \_\_\_\_\_

1

2

3



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Number of 3-Check Days _____ of 5
	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Number of 3-Check Days _____ of 5
	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Number of 3-Check Days _____ of 5
	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Number of 3-Check Days _____ of 5
	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Number of 3-Check Days _____ of 5
	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	1 _____ 2 _____ 3 _____	