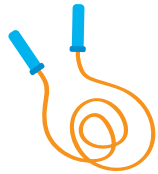




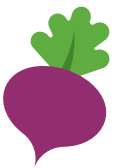
Our family daily win chart



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							
My name is							
My food goals is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							

Place a sticker in the food or activity boxes when you get a daily win.



One daily win can start your kids on the way to a healthier life.
For more ways to start visit makeastart.ie or makeastart.org

