



Name _____

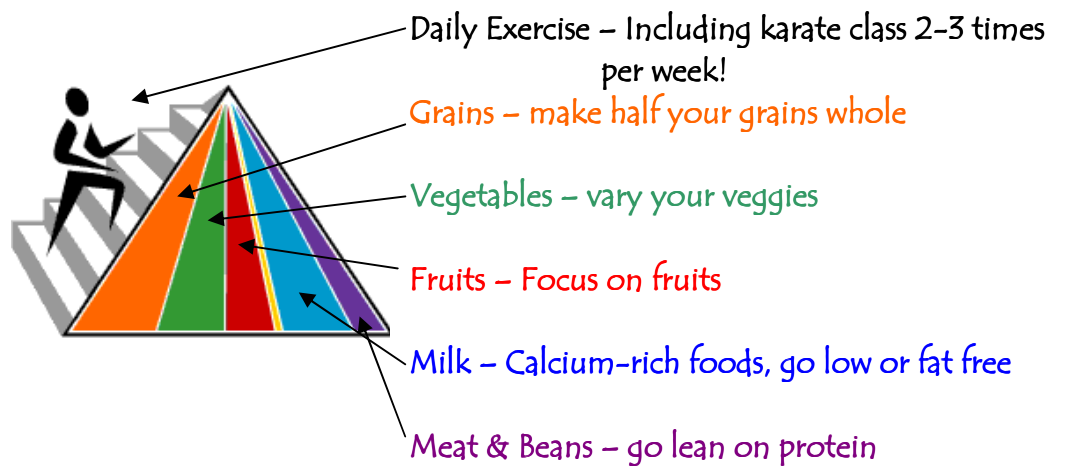
Month / Year _____

Enthusiasm



*For a STAR: 30 Days of Healthy Eating!

Official USDA Food Pyramid



Keep track of what you eat each day, the unhealthy foods you gave up, and your favorite recipes.