

# HEALTHY EATING

STUDENT NAME \_\_\_\_\_ AGE \_\_\_\_\_ BELT \_\_\_\_\_

## DEVELOPING GOOD HABITS THAT WILL LAST A LIFETIME

Each time you choose healthy food over sugary snacks without being asked, write down what you chose to eat instead of what you wanted to eat. Once you filled in ten healthy choices, turn in your sheet to receive an Attitude (Red) stripe.

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|--------------------|-------------------|
| 1. I CHOSE: _____  | INSTEAD OF: _____ |
| 2. I CHOSE: _____  | INSTEAD OF: _____ |
| 3. I CHOSE: _____  | INSTEAD OF: _____ |
| 4. I CHOSE: _____  | INSTEAD OF: _____ |
| 5. I CHOSE: _____  | INSTEAD OF: _____ |
| 6. I CHOSE: _____  | INSTEAD OF: _____ |
| 7. I CHOSE: _____  | INSTEAD OF: _____ |
| 8. I CHOSE: _____  | INSTEAD OF: _____ |
| 9. I CHOSE: _____  | INSTEAD OF: _____ |
| 10. I CHOSE: _____ | INSTEAD OF: _____ |

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

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|--------------------|-------------------|
| 1. I CHOSE: _____  | INSTEAD OF: _____ |
| 2. I CHOSE: _____  | INSTEAD OF: _____ |
| 3. I CHOSE: _____  | INSTEAD OF: _____ |
| 4. I CHOSE: _____  | INSTEAD OF: _____ |
| 5. I CHOSE: _____  | INSTEAD OF: _____ |
| 6. I CHOSE: _____  | INSTEAD OF: _____ |
| 7. I CHOSE: _____  | INSTEAD OF: _____ |
| 8. I CHOSE: _____  | INSTEAD OF: _____ |
| 9. I CHOSE: _____  | INSTEAD OF: _____ |
| 10. I CHOSE: _____ | INSTEAD OF: _____ |

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

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|--------------------|-------------------|
| 1. I CHOSE: _____  | INSTEAD OF: _____ |
| 2. I CHOSE: _____  | INSTEAD OF: _____ |
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| 8. I CHOSE: _____  | INSTEAD OF: _____ |
| 9. I CHOSE: _____  | INSTEAD OF: _____ |
| 10. I CHOSE: _____ | INSTEAD OF: _____ |

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

This sheet may be used in conjunction with the Weekly Job list. The student with the most Attitude stripes at the end of the testing cycle will be awarded a Great Attitude Award.