

Goal Tracking

Goal Tracking for week # _____

My Goal for This Week:

I will include ___ servings of fruits and vegetables in my snacks ___ days this week.

Today's Snacks	# of Fruits	# of Veggies	Did I meet my goal? Yes/No
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Did you complete your additional challenge this week? Reflect on the week, what did you accomplish? What were some obstacles that you faced?