

Goal Sheet: Smart Start Breakfasts and Healthy Snacks



Remember!

Eating breakfast and healthy snacks provides energy for adults and children.

GOALS:

1. Get a great start to your day with breakfast.
2. Choose healthy snacks.
3. Choose water instead of sweetened drinks like soda.

How did you do? Check if you met your goals for the day!

	Served breakfast Yes/No	Chose and served a healthy snack Yes/No	Served water instead of sweet drinks Yes/No
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Family solutions for meeting goals:
