

WHOLE FOOD SNACKS! KEEP TRACK OF YOUR SNACKS HERE:

DAY	snack 1	snack 2	snack 3
M			
T			
W			
Th			
F			
Sa			
Su			

You get a snack checkmark for the following:

- choosing whole foods
 - including carbs/protein/and fat
- (Each snack has the opportunity for 2 checkmarks)

Aim for at least 4 checkmarks a day!