






















Name \_\_\_\_\_

## Healthy Habit Tracker - Family Meals

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Total number of meals you ate with your family this week: \_\_\_\_\_

**Directions:** Cross off a family meal image each time your family has a meal together.

The long term goal is to eat breakfast, lunch and dinner together as a family as many times as possible each week. We know all families are busy, aim to include at least one family meal each day.

**How did you measure up in fighting the evils of Grampus?**

**2 or less family meals** - Grampus still maintains power over you and your family and is likely leaving a few of your family members grumpy. Try to include more family meals next week to get the grumpy attitude out of your house.

**3-4 family meals** - You and your family are doing better at getting in the routine of family meals. Your family's positive attitude is beginning to overpower Grampus!

**5-6 family meals** - You and your family are doing great. By including one more family meal next week, you and your family will have defeated Grampus. Remember, it does not have to be a "dinner" meal.

**7 or more family meals** - Great Job! You and your family defeated Grampus by having family meals together! Keep up the great habit!

