










Name _____

Healthy Habit Tracker - Meal Consistency

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Total number of meals you ate this week: _____

Directions: Cross off one of the meal images each time you eat a meal.

The long term goal is to eat three meals every day. When you eat 3 meals every day, this will help your body be as healthy as possible.

How did you measure up in fighting the evils of Skipper?

7 or less meals in a week - Skipper maintains power over you! Keep fighting to eat more meals during your week. You will be amazed by how much better you feel when you do.

8-14 meals in a week - You are starting to eat meals on a regular basis. Keep adding in a meal each day to try to reach 3 in a day.

15- 20 meals - You are almost there in eating meals on a regular basis. Just a few more meals and you will be able to defeat Skipper.

21 meals in a week - Way to go! You have defeated Skipper! You are doing a great job by eating 3 meals every day.

