

April 2013 "FIT: Families in Training"

SUN MON TUE WED THU FRI SAT

Yes! We ate a meal together! →	Parent Signature	No. We did not eat a meal together. →	X		1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Family:

Classroom:

Eat Together Challenge

A meal counts if ALL household members sit down to eat together at the same time.

A meal eaten at a restaurant or including fast food does not count.

Eating together in front of the television does not count.



GOAL= 20 days

1 point per day

Total Days =