

# WHAT'S EATING YOU KID? Worksheet

Write down what you ate and circle how many "Scary Monsters" were at each meal.



Breakfast

---

---



Lunch

---

---



Snack

---

---



Dinner



Snack

---

---

How did you do today?  Great  So-So  Not So Great  Keep trying!

Did you exercise or play for at least one hour today and drink plenty of water?  Yes  No

Which Scary Monster did you see more of today?