

# Our Family Reward Chart



Agree goals with all the family and decide what the reward will be together. Place a sticker for each day that the goal is achieved.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							



For more handy tips and great ideas for you and your family, visit [www.safefood.eu](http://www.safefood.eu)