

# WHAT'S EATING YOU KID? Worksheet

How many "Scary Monsters" did you see?

Set a goal to see less of the "Scary Monsters" tomorrow!

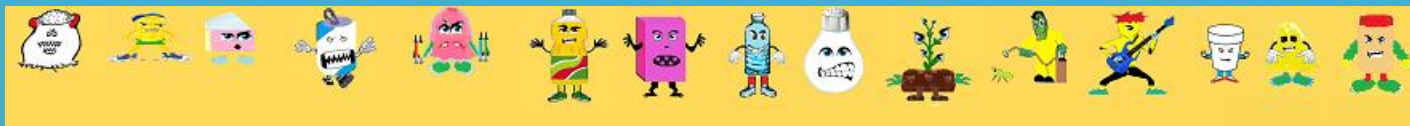
Write down what you ate and circle how many "Scary Monsters" were at each meal.

Breakfast

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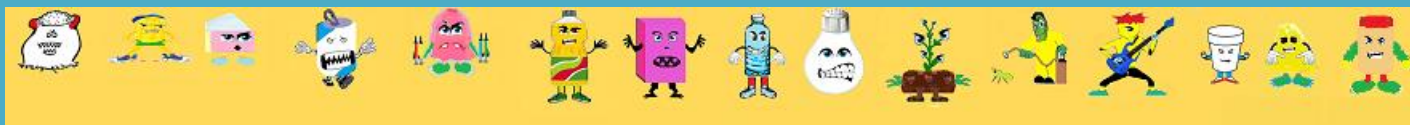


Lunch

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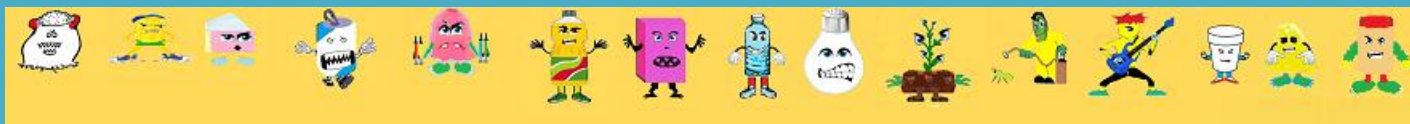


Snack

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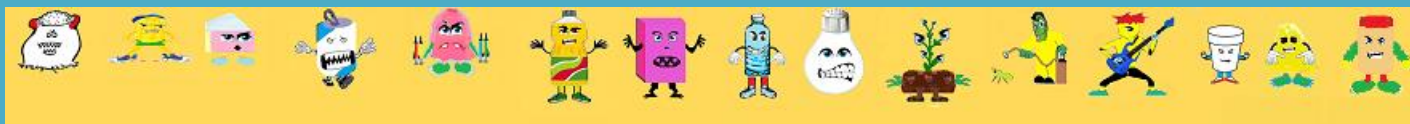


Dinner

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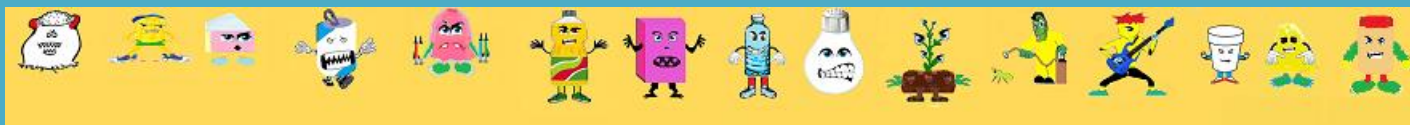


Snack

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How did you do yesterday  Great  So-So  Not So Great (Don't worry! Just keep trying.)

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

My "Scary Monster" limit for tomorrow is: \_\_\_\_\_

My Activity goal for tomorrow is: \_\_\_\_\_