

POINTS TRACKER

Choose Your 1st CHEW Goal:

- ☐ 2 fruits & vegetables a day
- 4 fruits & vegetables
- ☐ 3 fruits & vegetables
- __ fruits and vegetables (You choose.)

- 1. Choose this week's **CHEW** goal.
- FRUITS/VEGGIES EVERY DAY
- 2. Track what you **CHEW** as many of the days of the week as you can.

2 WAYS TO GET SWITCH POINTS Give yourself 3 points any day you meet your CHEW goal. Record any extra Switch Points.

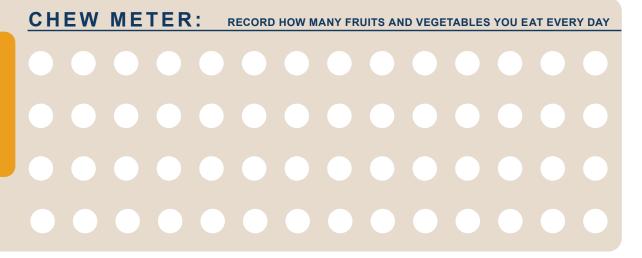
3. **Earn** Switch Points. Add up your points. How many Switch Points did you earn?



AIM FOR **CHEW** GOAL:

5

VEGGIES & FRUITSOR MORE EVERY DAY





NAME	GRADE
TEACHER //LEADER	SCHOOL /CLUB

SWITCH POINTS

3 points any day you meet your goal, plus any extra Switch Points you've earned

