



SWITCH WHAT YOU CHEW™

MONTH #2



POINTS TRACKER

Choose Your 2nd CHEW Goal:

- ☐ 3 fruits & vegetables a day
- ☐ 4 fruits & vegetables
- ☐ 5 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?



CHEW METER:

RECORD HOW MANY FRUITS AND VEGETABLES YOU EAT EVERY DAY

AIM FOR **CHEW** GOAL:

5

**VEGGIES & FRUITS
OR MORE EVERY DAY**



MONTH #2

NAME _____

GRADE _____

TEACHER /LEADER _____

SCHOOL /CLUB _____

SWITCH POINTS

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

M		+	T		+	W		+	Th		+	F		+	Sa		+	Su		=	SWITCH POINT TOTAL
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