



## Foodzee Feeding Goals Tracker

**Name:**

**Date:**

**Reward:**

Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Try a new fruit or vegetable.							
Take at least 3 bites of a new food.							
Help set the table before meals.							
Stay at the table until everyone is finished.							
Use kind words during mealtime.							
Help clear the table after meals.							
Take small bites and chew slowly.							
Drink water instead of sugary drinks.							
Compliment the cook on the meal.							
Try eating without distractions (no TV/tablets).							

Great job working toward your feeding goals! Remember, progress takes time and every small step counts.

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