



HEALTHY EATING

FIRST NAME _____ LAST NAME _____

AGE _____ BELT COLOR _____

Each time you choose healthy food over sugary snacks without being asked, write down what you chose to eat instead of what you wanted to eat. Once you filled in ten healthy choices, turn in your sheet to receive an attitude stripe.

- 1. I CHOSE : _____ INSTEAD OF: _____
- 2. I CHOSE : _____ INSTEAD OF: _____
- 3. I CHOSE : _____ INSTEAD OF: _____
- 4. I CHOSE : _____ INSTEAD OF: _____
- 5. I CHOSE : _____ INSTEAD OF: _____
- 6. I CHOSE : _____ INSTEAD OF: _____
- 7. I CHOSE : _____ INSTEAD OF: _____
- 8. I CHOSE : _____ INSTEAD OF: _____
- 9. I CHOSE : _____ INSTEAD OF: _____
- 10. I CHOSE : _____ INSTEAD OF: _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- 11. I CHOSE : _____ INSTEAD OF: _____
- 12. I CHOSE : _____ INSTEAD OF: _____
- 13. I CHOSE : _____ INSTEAD OF: _____
- 14. I CHOSE : _____ INSTEAD OF: _____
- 15. I CHOSE : _____ INSTEAD OF: _____
- 16. I CHOSE : _____ INSTEAD OF: _____
- 17. I CHOSE : _____ INSTEAD OF: _____
- 18. I CHOSE : _____ INSTEAD OF: _____
- 19. I CHOSE : _____ INSTEAD OF: _____
- 20. I CHOSE : _____ INSTEAD OF: _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- 21. I CHOSE : _____ INSTEAD OF: _____
- 22. I CHOSE : _____ INSTEAD OF: _____
- 23. I CHOSE : _____ INSTEAD OF: _____
- 24. I CHOSE : _____ INSTEAD OF: _____
- 25. I CHOSE : _____ INSTEAD OF: _____
- 26. I CHOSE : _____ INSTEAD OF: _____
- 27. I CHOSE : _____ INSTEAD OF: _____
- 28. I CHOSE : _____ INSTEAD OF: _____
- 29. I CHOSE : _____ INSTEAD OF: _____
- 30. I CHOSE : _____ INSTEAD OF: _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

To Receive a Healthy Eating Award on Belt Graduation Day, Be sure to complete the entire sheet and Turn it at least a week before belt testing. You may earn only one Healthy Eating Award but you may earn as many stripes for each section completed... Champions Eat Healthy For Life 😊