



**Healthy Lunch Challenge
Tally Sheet**

Name: _____

Goal: Number of days I will bring a healthy box lunch during the next 4 weeks): _____

(A healthy lunch consists of 3 oz protein (or equivalent), 1 serving of dairy (or high calcium food), ½ cup fruit, ½ cup vegetable serving and 1 grain serving. See <http://www.mypyramid.gov> for healthy meal ideas)

Goal Met (# days): _____

Instructions: Cross off each day you bring a healthy lunch from home.
Hand in tally by Monday (Insert Date!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						