

Monthly Chart: Food Habits

Better Habit	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total: 😊				

Print & post on your fridge. Fill in each space with a happy, neutral or unhappy face. Total on a weekly basis & notice how your new habit is improving or not throughout the month.

Habit: _____

Trigger: _____

Reward: _____