



21-DAY POWER YOUR PLATE CHALLENGE

••••• WEEK TWO SCORECARD •••••

	MON	TUE	WED	THU	FRI	SAT	SUN
VEGGIE TOP-UP 3 points	_____	_____	_____	_____	_____	_____	_____
GREAT GRAINS 3 points	_____	_____	_____	_____	_____	_____	_____
GO FOR THE BUBBLES 3 points	_____	_____	_____	_____	_____	_____	_____
BE PREPARED 5 points	_____	_____	_____	_____	_____	_____	_____
BE A LABEL LOVER 5 points	_____	_____	_____	_____	_____	_____	_____
REFLECTIVE EATING 10 points	_____	_____	_____	_____	_____	_____	_____
MAKE IT 10 points	_____	_____	_____	_____	_____	_____	_____
DAILY TOTALS	_____	_____	_____	_____	_____	_____	_____