



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 _____



If you want to receive your **HEALTHY EATING AWARD** at the graduation, turn in this sheet fully completed on your PRE-TESTING/TESTING DAY (Not on Graduation or the Brown/Black Belt Test). You can only receive ONE Healthy Eating Award per cycle, but you can receive UNLIMITED attitude stripes for working your healthy eating habits!