



FUEL TRACKER JOURNAL



MONDAY

Fruits/Veggies eaten: _____

Healthy snacks I chose: _____

Colors eaten: **Red** **Orange** **Yellow**
Green **Blue/Purple** **White**

Water Drank: 1 2 3 4 5 6+ cups

How I felt today:

TUESDAY

Fruits/Veggies eaten: _____

Healthy snacks I chose: _____

Colors eaten: **Red** **Orange** **Yellow**
Green **Blue/Purple** **White**

Water Drank: 1 2 3 4 5 6+ cups

How I felt today:

WEDNESDAY

Fruits/Veggies eaten: _____

Healthy snacks I chose: _____

Colors eaten: **Red** **Orange** **Yellow**
Green **Blue/Purple** **White**

Water Drank: 1 2 3 4 5 6+ cups

How I felt today:

THURSDAY

Fruits/Veggies eaten: _____

Healthy snacks I chose: _____

Colors eaten: **Red** **Orange** **Yellow**
Green **Blue/Purple** **White**

Water Drank: 1 2 3 4 5 6+ cups

How I felt today:

FRIDAY

Fruits/Veggies eaten: _____

Healthy snacks I chose: _____

Colors eaten: **Red** **Orange** **Yellow**
Green **Blue/Purple** **White**

Water Drank: 1 2 3 4 5 6+ cups

How I felt today:

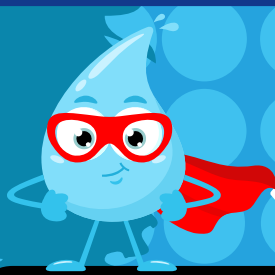
REFLECTIONS

Which color of food did you eat the most?

What was your favorite healthy snack this week?

Did you notice any changes in your energy, focus, or mood?





SUPER INSTRUCTIONS



MISSION OBJECTIVE

You will track your food and water for 5 days and earn your Superhero Fuel Badge! Heroes eat foods that give them energy, focus, and strength—and drink plenty of water to stay powered up.

STEP 1 AND 2

Each day, write down the fruits, vegetables, and healthy snacks you eat. Next step, circle the colors you ate from the rainbow.

STEP 3

Mark each cup of water you drink.

STEP 4

At the end of the week, reflect on how healthy fuel made you feel.

STEP 5 AND TIP

Repeat steps for days 2-5 to earn your Fuel Hero Badge on the last day!

Super Tip:
Eating the rainbow helps your body stay strong, your brain stay smart, and your heart stay happy!

YOU GOT THIS!

