



# 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!

