

WEEKLY SHOT CHART

Every week I will be a shot superhero!

NO MORE TUBES OR LINES

FOR EVERY MEAL OR
SNACK, PLACE A
STICKER! FILL OUT THE
CHART AND GET A
REWARD!

CHART OWNED BY:



SUN

l ate breakfast l ate a morning snack.

l ate lunch. l ate an afternoon snack.

l ate dinner.

MON

l ate breakfast

late

breakfast

I ate a morning snack.

l ate lunch. l ate an afternoon snack.

l ate dinner.

TUE

l ate a morning snack.

l ate lunch.

l ate an afternoon snack. l ate dinner.

WED

l ate breakfast l ate a morning snack. l ate lunch.

l ate an afternoon snack. l ate dinner.

THU

l ate breakfast l ate a morning snack.

l ate lunch.

l ate an afternoon snack. l ate dinner.

FRI

SAT

l ate breakfast l ate a morning snack.

ack.

l ate lunch. l ate an afternoon snack.

l ate dinner.

l ate breakfast l ate a morning snack.

l ate lunch. l ate an afternoon snack. l ate dinner.