



WEEKLY SHOT CHART

Every week I will be a shot superhero!

	S	M	T	W	T	F	S
Week One	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week Two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week Three	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week Four	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week Five	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My weekly reward for doing my shots is: _____



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

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.

MON

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.

TUE

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.

WED

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.

THU

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.

FRI

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.

SAT

I ate
breakfast

I ate a
morning
snack.

I ate
lunch.

I ate an
afternoon
snack.

I ate
dinner.