



HEALTHY EATING

STUDENT NAME _____ AGE _____ BELT _____

Each time you choose healthy food over junk food **without being asked**, write down what you chose to eat instead of what you wanted to eat. Once you have filled in ten healthy eating 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/GUARDIAN SIGNATURE

DATE ____/____/____

INSTRUCTOR SIGNATURE

DATE ____/____/____

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/GUARDIAN SIGNATURE

DATE ____/____/____

INSTRUCTOR SIGNATURE

DATE ____/____/____

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/GUARDIAN SIGNATURE

DATE ____/____/____

INSTRUCTOR SIGNATURE

DATE ____/____/____

STRIPE

If you want to receive your Homework Award at Belt Promotion, turn in this sheet fully completed **before** promotion. You can only receive **one** Homework Award per cycle, but you can receive **unlimited** Attitude Stripes for practicing at home!