Starday

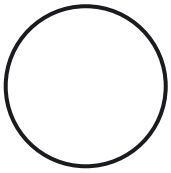
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Healthy Eating Checklist for Kids

DAYTIME

- [ ] Eat your veggies — Every day
- [ ] Eat a piece of fruit — Every day
- [ ] Drink enough water — Every day

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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