

Behavior Grid

	Ate Breakfast	Ate Lunch	Ate Enough Protein	Healthy Snacks	Proper Hydration	Tried for Lowfat	2 + Fruit	3 + Veggies	Planned Ahead	Ate When Hungry / Stopped When Full	Did Distraction Techniques							
Sunday																		
Monday																		
Tuesday																		
Wednesday																		
Thursday																		
Friday																		
Saturday																		

