




Your Colour Tracking Chart

- Be sure you make extra copies of the colour chart to use a new one each week.
- Post it where you will use it: on the fridge, at work or keep it with you.
- Make eating fruits and veggies fun and try new items from different colour groups.
- Eat a variety of colours and enjoy!

Colour Choice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
			ORANGE / YELLOW					
			BLUE / PURPLE					
				RED				
				GREEN				
		BROWN / TAN / WHITE						