



## Nutrition Challenge: Week 5, Day 9

Make sure you eat breakfast every day this week,  
it's the most important meal of the day.



- Try low fat yogurt or egg whites in a whole wheat tortilla one day and remember how you feel that day at lunch time.
- Are you more/less hungry than usual?

I MET MY NUTRITION GOAL FOR WEEK 5!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*



## Nutrition Challenge: Week 5, Day 9

Make sure you eat breakfast every day this week,  
it's the most important meal of the day.



- Try low fat yogurt or egg whites in a whole wheat tortilla one day and remember how you feel that day at lunch time.
- Are you more/less hungry than usual?

I MET MY NUTRITION GOAL FOR WEEK 5!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*



## Nutrition Challenge: Week 5, Day 9

Make sure you eat breakfast every day this week,  
it's the most important meal of the day.



- Try low fat yogurt or egg whites in a whole wheat tortilla one day and remember how you feel that day at lunch time.
- Are you more/less hungry than usual?

I MET MY NUTRITION GOAL FOR WEEK 5!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*



## Nutrition Challenge: Week 5, Day 9

Make sure you eat breakfast every day this week,  
it's the most important meal of the day.



- Try low fat yogurt or egg whites in a whole wheat tortilla one day and remember how you feel that day at lunch time.
- Are you more/less hungry than usual?

I MET MY NUTRITION GOAL FOR WEEK 5!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*