

# HEALTHY BREAKFAST

## Daily Checklist

\*color in or check off any shape  
after eating\* each day\*

Monday



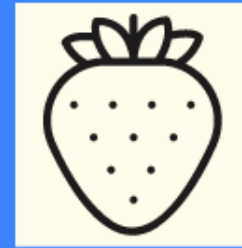
Tuesday



Wednesday



Thursday



Friday

