

EAT THE RAINBOW TRACKER

Do you find yourself eating the same foods over and over again, or do you make it a point to get a variety of nutrients? Nature color codes foods to give us a clue as to the nutrients inside! It is important to eat a varied diet, in order to get all of the nutrients that our bodies to function the way that they should. This tracker is a great way to see how you're doing!

	Red	Orange	Yellow	Green	Blue/ Purple	White/ Brown
Sunday	<input type="checkbox"/>					
Monday	<input type="checkbox"/>					
Tuesday	<input type="checkbox"/>					
Wednesday	<input type="checkbox"/>					
Thursday	<input type="checkbox"/>					
Friday	<input type="checkbox"/>					
Saturday	<input type="checkbox"/>					

