



# HEALTHY EATING

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ AGE \_\_\_\_\_ BELT  
COLOR \_\_\_\_\_

*Each time you choose healthy food over sugary snacks without being asked, write down what you chose to eat instead of what you wanted to eat. Once you filled in ten healthy choices, turn in your sheet to receive an attitude stripe.*

1. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
2. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
3. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
4. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
5. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
6. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
7. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
8. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
9. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
10. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

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11. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
12. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
13. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
14. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
15. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
16. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
17. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
18. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
19. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
20. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

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21. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
22. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
23. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
24. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
25. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
26. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
27. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
28. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
29. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
30. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

If you want to receive your **HEALTHY EATING AWARD** at the graduation, turn in this sheet fully completed on your PRE-TESTING/TESTING DAY (Not on Graduation or the Brown/Black Belt Test). You can only receive ONE Healthy Eating Award per cycle, but you can receive UNLIMITED attitude stripes for working your healthy eating habits!