

SELF-CARE STAR CHART



CHILD'S NAME:

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | REWARD |
|--|------------|------------|------------|------------|------------|------------|------------|--------|
| 1 Try a veggie | Veggie: | Veggie: | Veggie: | Veggie: | Veggie: | Veggie: | Veggie: | |
| 2 Try a new food | Food: | Food: | Food: | Food: | Food: | Food: | Food: | |
| 3 Eat breakfast | Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |
| REWARD (to be given every 3 to 7 days) | | | | | | | | |

MOM DISHES IT OUT

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