Kick Start to Crunch&Sip® Class Tally

Names	Mon			Tues			Wed			Thur			Fri			
																☺ ☹

How To Use This Tally Chart

This tally chart can be used in a variety of ways to record students' fruit, vegetable and water intake. Here are some suggestions:

Yr 1-3 Tick the box to show if fruit or vegies was eaten during the Crunch&Sip® break and record water consumption.

Yr 4-7 Tally up the day's serves of fruit and vegies from home and school. And record the volume of water sipped.

How Did You Go This Week?

☺ = I am pleased with my intake.

😐 = I think I can do better.

☹ = I need to improve my intake.