

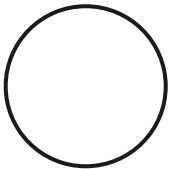
Starday
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Healthy Eating Checklist for Kids

DAYTIME

- | | |
|---|-----------|
| ☐ Eat your veggies | Every day |
| ☐ Eat a piece of fruit | Every day |
| ☐ Drink enough water | Every day |

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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