

7-Day Smart Snacking Challenge Tracker

We are substituting unhealthy for healthy

Day 1

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

Did I complete my swap today? []

Notes/reflection:

Day 2

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

Did I complete my swap today? []

Notes/reflection:

Day 3

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

Did I complete my swap today? []

Notes/reflection:

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Day 4

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

Did I complete my swap today? []

Notes/reflection:

Day 5

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

Did I complete my swap today? []

Notes/reflection:

Day 6

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

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Did I complete my swap today? []

Notes/reflection:

Day 7

Unhealthy snack I usually choose:

Healthy snack I will swap it for:

Did I complete my swap today? []

Notes/reflection:
