

# FUEL LOG

# MARATHON

# ONE

ATHLETE

Start a marathon of healthy eating. Color in each square after you make each healthy choice.

- I ate pineapple
- I ate asparagus
- I helped cook dinner
- I ate a sweet potato
- I drank water with every meal
- I tried a new fruit
- I ate almonds
- I drank four cups of water
- I ate a fruit salad
- I chose fruit over candy
- I ate whole grains
- I ate broccoli
- I ate a raw vegetable
- I tried a new vegetable
- I brought my lunch to school
- I ate bell pepper
- I ate breakfast today
- I ate a green vegetable
- I ate raspberries
- I had a vegetable with every meal
- I made my own lunch
- I ate raisins
- I chose water over soda
- I ate squash
- I ate spinach
- I ate a cooked vegetable

## KEEP FUELING!

Eating healthy fuels your body and your mind. Challenge yourself to try new fruits and vegetables - and share them with your family!

**MARATHON**  
**KIDS**

# FUEL LOG

# MARATHON

# TWO

ATHLETE

Start a marathon of healthy eating. Color in each square after you make each healthy choice.

- I ate a tangerine
- I ate a fruit salad
- I ate kale
- I made my own lunch
- I ate corn
- I helped cook dinner
- I ate mango
- I ate a raw vegetable
- I ate blueberries
- I tried a new fruit
- I tried a new vegetable
- I drank four cups of water
- I ate a green vegetable
- I ate brussels sprouts
- I brought my lunch to school
- I ate breakfast today
- I had a vegetable with every meal
- I ate walnuts
- I chose water over soda
- I ate a cooked vegetable
- I ate red grapes
- I chose fruit over candy
- I drank water with every meal
- I ate carrots
- I ate whole grains
- I ate cucumber

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**MARATHON**  
**KIDS**

# FUEL LOG

# MARATHON

# THREE

ATHLETE

Start a marathon of healthy eating. Color in each square after you make each healthy choice.

- I helped cook dinner
- I ate zucchini
- I tried a new fruit
- I ate green beans
- I drank four cups of water
- I ate kiwi
- I ate a green vegetable
- I ate blackberries
- I ate a cooked vegetable
- I chose fruit over candy
- I ate a green salad
- I ate a fruit salad
- I brought my lunch to school
- I ate a raw vegetable
- I ate pecans
- I ate breakfast today
- I ate a plum
- I had a vegetable with every meal
- I ate onion
- I tried a new vegetable
- I ate papaya
- I made my own lunch
- I ate mushrooms
- I chose water over soda
- I ate tomato
- I ate whole grains

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**MARATHON**  
**KIDS**

# FUEL LOG

# MARATHON

# FOUR

ATHLETE

Start a marathon of healthy eating. Color in each square after you make each healthy choice.

- I ate okra
- I helped cook dinner
- I ate whole grains
- I ate breakfast today
- I tried a new fruit
- I ate cashews
- I ate a cooked vegetable
- I ate a banana
- I tried a new vegetable
- I ate strawberries
- I drank four cups of water
- I ate a purple vegetable
- I chose fruit over candy
- I ate cauliflower
- I ate a green vegetable
- I ate cherries
- I ate a fruit salad
- I brought my lunch to school
- I ate a raw vegetable
- I ate strawberries
- I had a vegetable with every meal
- I made my own lunch
- I ate a peach
- I ate watermelon
- I ate cranberries
- I chose water over soda

## DON'T STOP FUELING!

Eating healthy fuels your body and your mind. Challenge yourself to try new fruits and vegetables - and share them with your family!

**MARATHON**  
**KIDS**