

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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