



Meatless Mondays

Tracking Sheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								
							GRAND TOTAL	

POINTS SYSTEM

- A meatless meal: 5 points
- An entire day of meatless meals: 20 points
- Enjoyed a whole grain: 5 points
- Tried a new heart-healthy vegetarian recipe: 10 points
- Enjoyed a healthy vegetarian meal: 5 points
- Enjoyed at least 5 servings of vegetables and fruits in one day: 15 points
- Shared a picture of my vegetarian meal with the WFHTN team (WFHT.TN@tn.gov, Facebook or Instagram): 5 points