

FAMILY MEALS TRACKER

We challenge you to eat 7 meals together as a family.

MEAL 1

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

MEAL 2

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

MEAL 3

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

MEAL 4

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

MEAL 5

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

MEAL 6

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

MEAL 7

Circle one
B
L
D

Today's Date _____

What did you talk about?

Did you help make the meal? YES NO

Phones/Devices put away? YES NO

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FOR MEAL CONVERSATION
IDEAS, SCAN HERE

