



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
- **Followed the vegetarian MyPlate guidelines for a 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