Food Rewards Tracker

Educators, caregivers and families may believe that rewarding a child with food – even a small amount – cannot effect their eating habits or weight. However, if many people are rewarding a child with food throughout the day the calories add up.

Tracking the food rewards a child receives over the course of one or several days shows how often families, educators and caregivers are actually using food to reward or reinforce a child's desirable behavior.

Encourage all the adults who support a child to use the tracker. Once information is collected, families, educators and caregivers can review it together and decide when to start replacing food with healthier choices such as more time to be active.

Child's Name:

Date:

FOOD REWARD	WHO PROVIDED THE REWARD? (NAME AND ROLE)	TARGETED BEHAVIOR

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