

▶▶▶ FAMILY MEALS TRACKER ▶▶▶

Challenge your family to sit down and eat 7 meals together this month. Make the quality time count by using a conversation starter and powering down all electronics at each meal.

PRO TIP:
Let the kids help in the kitchen to make mealtime a whole family experience from start to finish!

MEAL 1

MEAL 2

MEAL 3

MEAL 4

MEAL 5

MEAL 6

MEAL 7

Conversation Starter	Did you eat Breakfast, Lunch or Dinner?	Draw a picture of your meal!
Go around and talk about your favorite moment of the day, what made you proud, happy, or excited.		
What is one thing that you do not know how to do but would like to learn?		
What is your favorite book of all time?		
What does your teacher do well?		
Take turns saying one compliment about each person at the dinner table.		
Name three things you are grateful for.		
What is the best way for someone to show you they love you?		



JOIN THE CLUB

Or submit your completed challenge for a prize!