# Hi there!

**Did you do any of these food-saving behaviours today?**
(Create your own symbols for tracking each behaviour! You can refer to examples on the website for inspiration.)

| SUN | MON | TUES | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |

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**Yes**, we used a planner to create a meal plan.

**Yes**, we created a shopping list and stuck to it.

**Yes**, we checked hunger levels before cooking and serving.

**Yes**, we used leftovers as part of a meal.

**Yes**, we used oldest food first.

**Yes**, we did all these actions today.

**No**, we did not do any of these today because of a planned event.

**No**, we did not do any of these today because we were too tired or lazy.

**No**, we did not do any of these today because of an event out of our control.

**If you want to track extra information, you can make additional notes/drawings on the front or back of this card.**

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|---|---|---|---|---|---|---|
| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
| Day 29 | Day 30 | Day 31 | Day 32 | Day 33 | Day 34 | Day 35 |
| Day 36 | Day 37 | Day 38 | Day 39 | Day 40 | Day 41 | Day 42 |

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| SUN | MON | TUES | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| Day 43 | Day 44 | Day 45 | Day 46 | Day 47 | Day 48 | Day 49 |
| Day 50 | Day 51 | Day 52 | Day 53 | Day 54 | Day 55 | Day 56 |
| Day 57 | Day 58 | Day 59 | Day 60 | Day 61 | Day 62 | Day 63 |

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