







Student Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Classroom Teacher \_\_\_\_\_

# Food Log

Start a marathon of healthy eating!  
Color in the square after you've eaten each  
fruit or veggie. Once they're all  
colored in, keep up the healthy eating habits!

- 1 ☐ I ATE AN APPLE 
- 2 ☐ I ATE 3 FRUITS AND VEGGIES TODAY
- 3 ☐ I ATE CARROTS OR PEAS 
- 4 ☐ I ATE A GREEN SALAD
- 5 ☐ I ATE LETTUCE OR GREENS
- 6 ☐ I ATE TOMATOES 
- 7 ☐ I ATE AN ORANGE
- 8 ☐ I DRANK 3 TALL GLASSES OF WATER
- 9 ☐ I ATE CUCUMBERS
- 10 ☐ I ATE ZUCCHINI OR SQUASH
- 11 ☐ I CHOSE FRUIT OVER CANDY 
- 12 ☐ I ATE GREEN BEANS
- 13 ☐ I ATE FRUIT SALAD
- 14 ☐ I ATE SPINACH OR BROCCOLI
- 15 ☐ I ATE 4 FRUITS & VEGGIES TODAY
- 16 ☐ I ATE PUMPKIN OR MANGO
- 17 ☐ I ATE PEACHES OR PEARS
- 18 ☐ I DRANK WATER, NOT SODA, TODAY
- 19 ☐ I ATE A PURPLE VEGETABLE 
- 20 ☐ I ATE GRAPES
- 21 ☐ I ATE AN ONION OR POTATO
- 22 ☐ I ATE WATERMELON 
- 23 ☐ I ATE RAISINS OR APRICOTS
- 24 ☐ I ATE PINTO OR BLACK BEANS
- 25 ☐ I ATE CANTELOPE OR HONEYDEW
- 26 ☐ I ATE A BANANA 
- 26.2 ☐ I ATE 5 FRUITS & VEGGIES TODAY



marathonKIDS.org

# Mileage Log

Color in a piece of a circle  
every time you run or walk  
a 1/4 of a mile.

When you have finished  
coloring each circle,  
you will have gone 26.2 miles.  
A WHOLE MARATHON!

← START

FINISH

presented by

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\_\_\_\_\_  
Parent / Guardian or Teacher Signature

\_\_\_\_\_  
Email Address of Parent