Every time you complete a health snack, mark it on the chart above. Either place a sticker in the correct box or use a pen to give yourself a tick. You will quickly see how your successes build up and this will help you build momentum. Remember, try to feel a positive emotion every time you are completing this table.

Once you have completed this chart, go to drchatterjee.com/wallchart to print off another one and continue tracking your successes!