



Building an eating schedule

STEP 1: SCHEDULE/ROUTINE (circle the one that works best for you)

STEP 2: Observe.

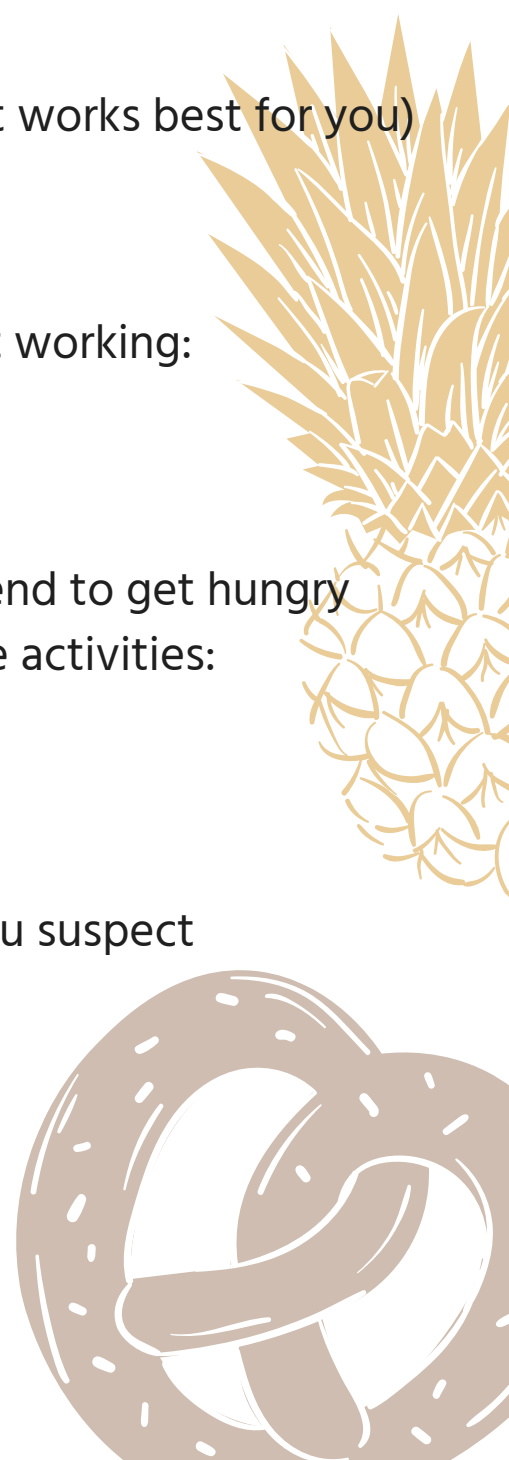
What's working:

What's not working:

My kids tend to get hungry around these times:

My kids tend to get hungry after these activities:

STEP 3: List out how many meals and snacks you suspect you'll need:



STEP 4: Implement (make your best guess and stick to it for a week or two)

Times/activities:

Snack or meal?

STEP 5: Observe. What works with this schedule, what doesn't? What could you add/take away. Adjust and try again 1-2 weeks.

NOTES: