

## Growing Together Challenge Tracking Sheet

Child's Name and Surname-----

Month: January - February

Actions taken	Tally
<p style="color: green;">When shopping, use a reusable bag</p> <p style="color: green;">1 points</p>	
<p style="color: green;">Every time you cook a meal together (i.e. with children helping)</p> <p style="color: green;">3 points</p>	
<p style="color: green;">Every time you compost waste food</p> <p style="color: green;">4 points</p>	
<p style="color: green;">Every time you sit down together for a meal (no mobiles or tablets!)</p> <p style="color: green;">2 points</p>	
<p style="color: green;">As a family you help your child complete the home learning challenge and send it into school.</p> <p style="color: green;">4 points</p>	
<p>In January: Every time you use food in a dish flown from abroad (i.e. Kenya, Brazil etc.)</p> <p style="color: green;">-2 points</p>	

Total number of points earned for the month-----