PROGRESS TRACKING CHART

Seafood Twice a Week Challenge

Use this chart to help track your progress in the Seafood Twice a Week Challenge. It's simple to do, simply mark the days you eat seafood and plan for the days you will. Breakfast, lunch or dinner, there are over 20 opportunities each week to enjoy seafood.

	S	M	T	W	T	F	S
WEEK 01							
WEEK 02							
WEEK 03							
WEEK 04							