

SNACK TRACKER

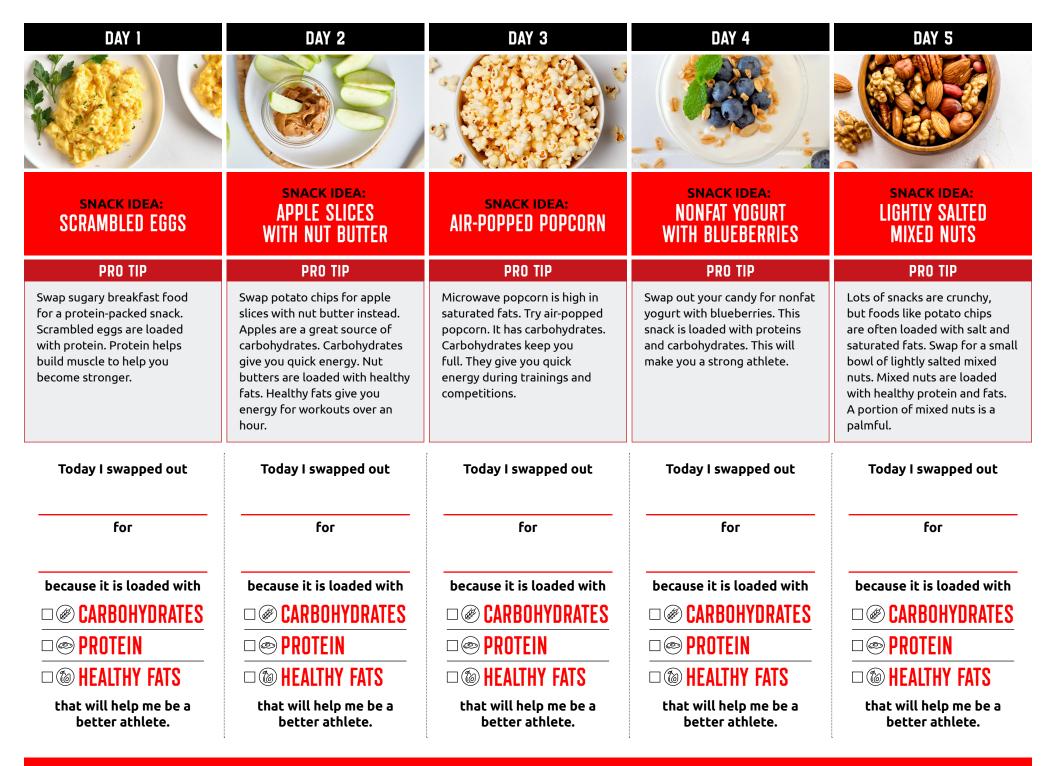
Welcome to the **School of Strength: Snack Zone Snack Tracker**. Use this tool as a daily guide to help you discover new healthy snacks. Learn tips on how to make them. Learn how smart snacking can help you as an athlete. Write down the name of your healthy snack swap each day, and check the macronutrients that were in that day's snack.

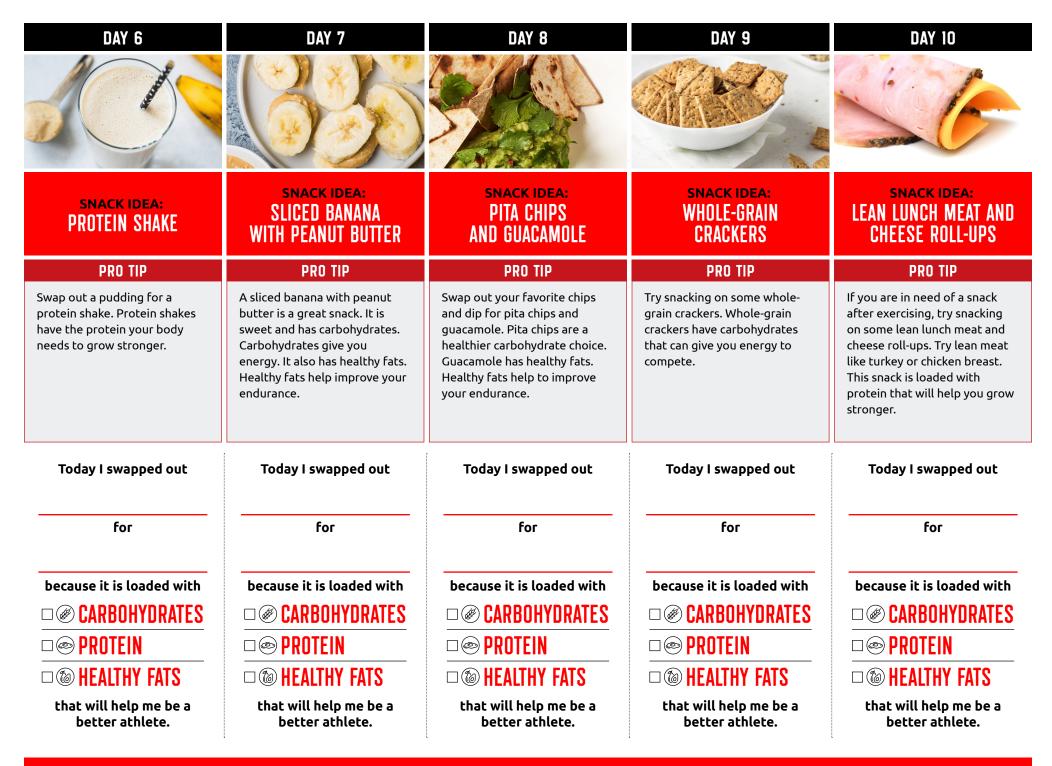
After going through the **Snack Tracker**, use the recipes to make your own **Snacking Playbook** with your favorite healthy snack recipes and useful notes.

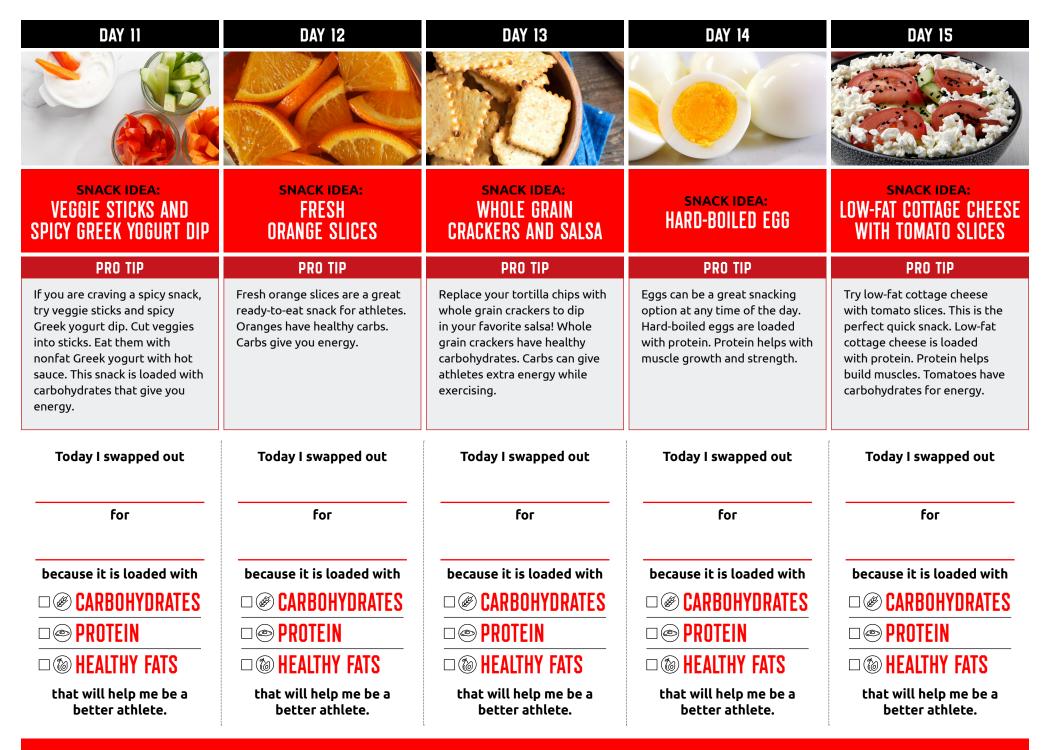
Share your snack journey with us! Post pictures of your snack tracker on social media. Don't forget to tag us!

@SpecialOlympics #InclusiveHealth #SnackZone









Lots of snacks have more than just macronutrients. For example, oranges are loaded with vitamin C, which can help protect your skin from sun damage when you are playing outside.