

# What's Eating You Kid?

<https://whatseatingyoukid.club>

The FDA says a “little bit” won't hurt, but we are encountering more than just a “little bit” of these 16 Monsters on a daily basis.

What's Eating You Kid? reveals where these Monsters are hiding.

Use this Monster Tracker to keep track of your progress.

## Mash those Monsters!

(Enter today's date. Scroll down to stop music.)

TODAY'S DATE :

DATE :

<https://whatseatingyoukid.club>

**Breakfast**

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

HOW MANY 8 OZ GLASSES OF WATER DID YOU DRINK TODAY?

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

HOW MANY MINUTES DID YOU EXERCISE TODAY?