Have They Tried It?

One Food Focus

Working on just one stubborn food right now? Track it here.



This tracker belongs to: _____

1. Pick a food your child is refusing or unsure about.
2. Every time you serve it, fill in the next circle — whether they eat it, touch it, or leave it untouched. All of it counts.
3. Most foods take 10-15 tries before they're accepted. Keep going, even if the first several circles are "no."

Food: _____

Most foods take 10-15 tries before they're accepted — these circles cover that range.

10-15 tries is normal, not a lot.

A refused food today is one try closer to accepted — not a lost cause.