Action Plan to Promote Healthy and Fit Families - Adolescent Version

Goals are most successful when all family members participate and support one another.

Choose one or two goals you will work to achieve:

- **5 servings of fruits and vegetables daily**
  - Include at least one fruit or vegetable with every snack or meal
  - Add color: make ½ your plate fruits or vegetables at most meals
  - Add extra vegetables to your lunch or dinner tacos, burritos, pizza

- **2 or less hours of screen time daily**
  - Remove TV and screens from your bedroom
  - Enjoy time outside: daily green hour without any screens
  - Unplug the whole family for 1-2 weeks, plan activities without screens
  - Join after-school activities or community centers
  - Turn off TV when you are eating

- **1 or more hours of physical activity daily**
  - Walk or bike to school (or at least the last 5 blocks)
  - Join a sports team, dance group or outdoor club
  - Play outside daily: invent games, jump in leaves, build snow forts, etc.
  - Sign up for a recreation pass as a family or with friends
  - Spend family time together hiking, playing a sport or other activities

- **0 sweetened beverages daily**
  - Drink nonfat milk, water, or water flavored with fruit
  - Save money: do not buy soda, sports drinks, fruit drinks
  - Reduce soda, sports drinks, fruit drinks to no more than ____/week

Other
- Eat breakfast every day
- Eat dinner with your family ____times/week
- Eat smaller portions at meals
- Eat out at fast food or restaurants less than ____times/week
- Other goals: ____________________________

Signatures

Young Person ___________________________________________________ Date ________________
Nurse __________________________________________________________ Date ________________

For national recommendations, references, and additional copies of the guideline go to www.healthteamworks.org or call (303) 446-7200.
This guideline was supported through funds from The Colorado Health Foundation.