

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

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 hours or less of screen time

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 hour or more of physical activity

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

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 _____

Property of HealthTeamWorks.