**Changes I Am Making To Keep Healthy**



Write in your goals by the numbers below.

Give yourself a star every day you accomplish your goal!

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Goals** | **M** | **T** | **W** | **Th** | **F** | **Sa** | **Su** |
| **1.** | | | | | | | |
| *Week 1* |  |  |  |  |  |  |  |
| *Week 2* |  |  |  |  |  |  |  |
| *Week 3* |  |  |  |  |  |  |  |
| *Week 4* |  |  |  |  |  |  |  |
| **2.** | | | | | | | |
| *Week 1* |  |  |  |  |  |  |  |
| *Week 2* |  |  |  |  |  |  |  |
| *Week 3* |  |  |  |  |  |  |  |
| *Week 4* |  |  |  |  |  |  |  |
| **3.** | | | | | | | |
| *Week 1* |  |  |  |  |  |  |  |
| *Week 2* |  |  |  |  |  |  |  |
| *Week 3* |  |  |  |  |  |  |  |
| *Week 4* |  |  |  |  |  |  |  |

**Reward: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



\_\_\_Eat 5-9 servings of fruits and vegetables each day (1 serving= ½ cup)

\_\_\_Limit juice, soda and sugared drinks -- instead, drink water between meals!

\_\_\_Change milk to 1% or 2%

\_\_\_Eat breakfast every day

\_\_\_Eat at home! Decrease fast food, restaurant, and cafeteria food to \_\_\_ per week

\_\_\_Offer less food at each meal (use smaller plates and cups)

\_\_\_Offer lower fat foods at each meal, and cook with less fat

\_\_\_Eat as a family at least 5 times each week (TV off!)

\_\_\_No more than 1- 2 hours of TV, computer or video games per day

\_\_\_Play or exercise (walking) 60 minutes each day