

HEALTHY GOAL SETTING FOR KIDS

Choose the top 3 goals you want to work on.

My personal health goals are:

✓ Check off which goals you meet each day!



HEALTH GOALS	Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
I ate 3 meals plus healthy snacks.																																	
I had at least 1 meal with my family.																																	
I ate no fast foods or junk foods.																																	
I ate 2 to 3 dairy servings (milk, cheese, or other calcium source).																																	
I ate 5 to 9 servings of fruits and vegetables.																																	
I tried 1 new healthy food.																																	
I drank water or non-fat milk when I was thirsty.																																	
I was active 60 minutes or more.																																	
I walked 10,000 steps or more.																																	
I spent less than 1 to 2 hours in front of the TV, video games, or computer.																																	
I did something I am proud of.																																	
I wrote down 5 great things about me.																																	
Total goals I reached today:																																	

If I reach ____ goals a week, I'll get to...