

Goal Form

Choose one goal to work on this week:

- I will watch no more than 1- 2 hours of TV, computer or video games per day.
- I will eat at the table with my family and no TV _____ days this week.
- I will eat _____servings of fruits each day (1 serving= 1/2 cup)
- I will eat _____servings of vegetables each day (1 serving= 1 cup)
- I will eat breakfast _____ days this week.
- I will limit juice, soda and sugared drinks to _____ per week (drink water instead!)
- I will play and be physically active for _____ minutes for ____days this week
- I will aim for _____ hours of sleep each night this week
- I will eat a healthy snack instead of a packaged snack _____ days this week
- I will use mindfulness to help me manage _____
- I will limit eating out to _____ times this week



How confident are you?

0 = not at all 10 = very confident

0 1 2 3 4 5 6 7 8 9 10



Reward:

Goal:			Goal:		
Day	Check Off	Comments	Day	Check Off	Comments
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		
Monday			Monday		