

Action Plan for Parents

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
- We will eat as a family at the table ____ days this week (TV off!)
- 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 exercise for ____ minutes on ____ days this week
- I will use a pedometer to monitor my steps and aim for ____ steps per day
- I will limit fast food, restaurant, and cafeteria food to ____ times this week



How ready are you to change?

1 = not at all 10 = ready to change

1 2 3 4 5 6 7 8 9 10

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