

# My Healthy Lifestyle Goal Tracker

Keeping track helps me make changes (See back page for helpful tips.)

## Get Moving

Aim for at least 60 minutes of activity a day\*

Color in **one circle for each 30 minutes** that you are active.

My goal is to Get Moving \_\_\_\_ hour(s) a day.

Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To Get Moving this week, I will:

\* To view the 2008 Physical Activity Guidelines for Americans, visit [www.cdc.gov/physicalactivity/](http://www.cdc.gov/physicalactivity/)

## Eat Smart

Aim for 5 to 9 servings of fruits and vegetables a day\*

Color in **one circle for each serving** of fruit or vegetables you eat.

My goal is to Eat \_\_\_\_ servings a day.

Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To Eat Smart this week, I will:

\* Recommended number of servings varies by age, sex and level of activity. Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) for more information.

## Pull the Plug

Limit screen time to 1 to 2 hours a day

Color in **one circle for each 30 minutes** that you had any screen time. **Limit** TV, computer, and video game time.

My goal is to have no more than \_\_\_\_ hour(s) of screen time a day.

Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To Pull the Plug this week, I will:

## Drink Well

Choose water and non-fat milk

Color in **one circle for each glass** of non-fat milk and water that you drink. **Limit** soda, sports drinks, juice, & sweetened drinks.

My goal is to drink \_\_\_\_ glasses of non-fat milk and water a day.

Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This week, I will Drink Well by choosing:

# Tips for Families

## Get Moving

Aim for at least 60 minutes of activity a day

### Tips to help you Get Moving

#### Parents Can:

- **Set a good example.** Be active and get your family to join you.
- **Involve** kids in active household chores.
- **Schedule outdoor time.** Plan a weekly activity.
- **Get out and move.** Take your family to the park or pool. Organize family walks or bike rides.
- **Sign up for physical activity.** Join the YMCA, sign up for team sports. Local schools and community centers have free/low cost activity programs.
- **Partner with other parents.** Create activities with other parents, carpool to sport events.

#### Kids Can:

- **Be a starter.** Start an activity club at school or in your neighborhood. Hold group events such as a jump rope contest, walk-a-thon, bike-a-thon, dance-off.
- **Have fun.** Choose activities that you enjoy.
- **Be active daily.** Whether you are inside or outside put activity in everything you do. Walk your dog, ride your bike, walk to school, dance.

## Eat Smart

Aim for 5 to 9 servings\* of fruits and vegetables a day

### Tips to help you Eat Fruit and Veggies

#### Parents Can:

- **Take a stand.** Decide which snacks are brought into your home.
- **Make the switch.** Replace chips with fruit or raw veggies. Add dark green and orange veggies to recipes/meals.
- **Offer fresh foods.** Choose fresh or frozen in place of fruit juice.
- **Make food fun and appealing.** Fresh fruit and veggies cut into fun shapes taste better.

#### Kids Can:

- **Be a helper.** Help prepare fresh fruit and vegetables.
- **Try new foods.** Enjoy a new fruit or veggie.
- **Make a smart choice.** Choose fruit or vegetables with a low-fat dip as a healthy snack.

#### Families Can:

- Fuel up with breakfast every morning.
- Make a shopping list together. Prepare and eat healthy meals together at home.
- Organize a healthy snack drawer.
- Take turns choosing favorite healthy foods.

## Pull the Plug

Limit screen time to 1 to 2 hours a day

### Tips for Limiting Screen Time

#### Parents Can:

- **Take the lead.** Make a list with family members of 5 activities that replace TV.
- **Turn it off.** You decide how much screen time your family has each day.
- **Keep it out of the bedroom.** Remove TVs and computers from the bedroom.
- **Tune in to dinner.** Turn off the TV during mealtimes. Focus on sharing a meal together.
- **Get support.** Ask other parents what they do to help reduce their family's screen time.

#### Kids Can:

- **Go screen-free.** Make your bedroom a screen-free zone.
- **Make a choice.** Choose physical activity over TV viewing or computer time each day.
- **Do something different.** Ask friends what they do instead of watch TV or use the computer. Then, try a new activity!
- **Get more active.** Get friends and family to join you.

## Drink Well

Choose water and non-fat milk

### Tips for Choosing Healthy Drinks

#### Parents Can:

- **Be a teacher.** Teach healthy habits. Drink 6-8 glasses of water daily and non-fat milk with meals.
- **Take charge.** Decide what drinks will be available in your home.
- **Offer healthy choices.** Make sure that non-fat milk and water are available instead of juice or soda.
- **Compromise.** Mix 100% juice with half water.
- **Plan ahead.** Remember, kids get thirsty sooner than adults- make sure cold water is always available.
- **Be aware.** Sweetened beverages often provide more calories than a meal. Know what you're drinking. Read the label together and make a healthy choice.

#### Kids Can:

- **Be "soda-free"** for a day, a week, a month.
- **Drink smart.** Your body needs non-fat milk and water. Quench your thirst with water first.
- **Be prepared.** Carry a water bottle.
- **Read the label.** Choose non-fat milk or 100% juice and reduce your serving size.