



# Head to Toe Family Goal Chart



Family Name: \_\_\_\_\_

## Notes

WEEK 1: \_\_\_\_\_  
\_\_\_\_\_

WEEK 2: \_\_\_\_\_  
\_\_\_\_\_

WEEK 3: \_\_\_\_\_  
\_\_\_\_\_

WEEK 4: \_\_\_\_\_  
\_\_\_\_\_

WEEK 5: \_\_\_\_\_  
\_\_\_\_\_

WEEK 6: \_\_\_\_\_  
\_\_\_\_\_

WEEK 7: \_\_\_\_\_  
\_\_\_\_\_

WEEK 8: \_\_\_\_\_  
\_\_\_\_\_

WEEK 9: \_\_\_\_\_  
\_\_\_\_\_

WEEK 10: \_\_\_\_\_  
\_\_\_\_\_

WEEK 11: \_\_\_\_\_  
\_\_\_\_\_

WEEK 12: \_\_\_\_\_  
\_\_\_\_\_

WEEK 13: \_\_\_\_\_  
\_\_\_\_\_

WEEK 14: \_\_\_\_\_  
\_\_\_\_\_

WEEK 15: \_\_\_\_\_  
\_\_\_\_\_

WORKING TOWARDS IT!



ALMOST THERE!



GOT IT!



Choose one goal from each category	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15
<b>SOCIAL/EMOTIONAL</b>															
Have a 10 minute family conversation per day															
Use less than 2 hours of media per day															
Practice positive self-talk 5 times per day															
<b>NUTRITION</b>															
Eat 5 servings of fruits and vegetables															
Drink 8 cups of water per day															
No sugary drinks															
<b>PHYSICAL FITNESS</b>															
Walk 10,000 steps per day															
Perform cardio for 30 minutes 5 days per week															
Perform strength building exercises 3 days per week															