



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
SOCIAL/EMOTIONAL															
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															
NUTRITION															
Eat 5 servings of fruits and vegetables															
Drink 8 cups of water per day															
No sugary drinks															
PHYSICAL FITNESS															
Walk 10,000 steps per day															
Perform cardio for 30 minutes 5 days per week															
Perform strength building exercises 3 days per week															