## Healthy Goal Setting for Kids

Choose the top 3 goals you want to work on.

My personal health goals are:

HEALTH GOALS Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
I ate 3 meals plus healthy snacks.																															
I had at least 1 meal with my family.																															
I ate no fast foods or junk foods.																															
I ate 2 to 3 dairy servings (milk, cheese, or other calcium foods).																															
l ate 5 to 9 servings of fruits and vegetables.																															
I tried 1 new healthy food.																															
I drank water, low-fat (1%), or non-fat milk when I was thirsty.																															
I was active 60 minutes or more.																															
I walked 10,000 steps or more.																															
I spent less than 1 to 2 hours in front of the TV, video games, or computer.																															
I did something I am proud of.																															
I wrote down 5 great things about me.																															
Total goals I reached today:																															

✓ Check off which goals you meet each day!

If I reach \_\_\_\_\_ goals a week, I'll get to:

