

FAMILY GOAL SETTING



Food

- Eat a healthy breakfast: oatmeal, fruit, unsweetened yogurt
- Limit all sodas, juices, sweet teas, or sports drinks
- Drink 4-6 glasses of water every day
- Drink fat-free milk, unsweetened almond or soy milk
- Limit fast food and processed snacks



Exercise

- Join a team sport, after-school program or gym
- Spend 60 minutes each day doing exercises like push-ups or jumping jacks
- Walk or bike and take the stairs when you can



Screen time (TV, cell phones, computer, video games, tablet/iPad)

- Limit screen time to 2 hours or less per day
- No TV, cell phone, computer in your room
- Limit screen time during meals
- Earn screen time by doing chores



Family habits and behaviors

- Sharing your feelings can help you feel better
- Get enough sleep to be your best
- Spend time hanging out with your friends
- Set goals and review them with your family weekly