

My Healthy Habit Goals

Each week, copy the chart below and:

- Choose 1-2 goals (i.e., only 1 activity & 1 eating goal) at a time.
Place a checkmark by the goal(s) selected.
- Write how often you will make this choice (i.e., 1 x/wk or daily).
- Remember to set small, manageable goals until the goal is reached & sustained; then move on to a new goal.
- Track your success by placing a ✓ in the box each time your goal is met.

| Healthy Goals | Write how often you will make this choice (i.e., 1 x/wk or daily) | During the week, place a ✓ in the box each time your goal is met |
|---|---|--|
| Simple active time choices I could make | | |
| 15 - 30 minute "active time" ideas | | |
| ■ Shoot the hoops | ■ Walk | |
| ■ Throw a Frisbee | ■ Ride a bike | |
| ■ Kick a soccer ball | ■ Play catch | |
| ■ Park a distance & walk | ■ Dance | |
| More "active time" ideas | | |
| ■ Weights/stations | ■ Play volleyball | |
| ■ Swim | ■ Aerobics | |
| ■ Yoga/martial arts | ■ Other | |
| Simple healthy eating choices I could make | | |
| Take Steps Towards 5 A Day - A little more fruit or veggies | | |
| ■ Add a new (or rarely eaten) veggie | | |
| ■ Add a new (or rarely eaten) fruit | | |
| ■ Choose unsweetened fruit or juice | | |
| ■ Other | | |
| Launch My Snack Attack - Lower fat/sugar | | |
| ■ Plan & grocery shop for healthier snacks | | |
| ■ Choose a smaller size | | |
| ■ Make a healthier choice at work/home | | |
| ■ Other | | |
| Choose Breakfast | | |
| If not eating breakfast: | | |
| ■ Add breakfast 1 day/week until it is a daily habit | | |
| ■ Plan/grocery shop for a healthy breakfast | | |
| ■ Plan menus using leftovers | | |
| ■ Use ideas for quick meals on the go | | |
| ■ Set-up my breakfast meal the night before | | |
| ■ Other | | |

| Healthy Goals (continued) | Write how often you will make this choice (i.e., 1 x/wk or daily) | During the week, place a ✓ in the box each time your goal is met |
|--|---|--|
| Make Fast Foods "FIT" - A little less fat and sugar | | |
| ■ Less sour cream, mayo, or salad dressing | | |
| ■ A smaller size fry, sandwich, or drink | | |
| ■ Hold the cheese | | |
| ■ Baked instead of regular chips | | |
| ■ Grilled instead of fried meats | | |
| ■ Lean "deli" meat instead of salami & bologna | | |
| ■ Plan/grocery shop for quick, easy "home" meals | | |
| ■ Other | | |
| Choose Smart Servings | | |
| ■ Check labels to recognize suggested serving sizes | | |
| ■ Eat less of a frequently eaten high fat/sugar food | | |
| ■ Drink less of a high sugar beverage | | |
| ■ Other | | |
| Think My Drink - A little less sugar | | |
| ■ Water in place of soda/sweetened fruit drink | | |
| ■ Low fat milk e.g. skim or 1% (3 times a day) | | |
| ■ Down size sweetened drinks | | |
| ■ Other | | |

Write your thoughts here.

Record the challenges that need problem solving to meet healthy goals:

For example, not enough motivated to make a change, or can't stay away from the refrigerator when I get home from work.

Record ideas to help support your healthy changes:

For example, ask my family to encourage me, or walk when I first get home from work instead of "hitting" the refrigerator.