

# 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.

<b>Healthy Goals</b>	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
<b>Simple active time choices I could make</b>		
<b>15 – 30 minute “active time” ideas</b>		
■ Shoot the hoops	■ Walk	
■ Throw a Frisbee	■ Ride a bike	
■ Kick a soccer ball	■ Play catch	
■ Park a distance & walk	■ Dance	
<b>More “active time” ideas</b>		
■ Weights/stations	■ Play volleyball	
■ Swim	■ Aerobics	
■ Yoga/martial arts	■ Other	
<b>Simple healthy eating choices I could make</b>		
<b>Take Steps Towards 5 A Day - A little more fruit or veggies</b>		
■ Add a new (or rarely eaten) veggie		
■ Add a new (or rarely eaten) fruit		
■ Choose unsweetened fruit or juice		
■ Other		
<b>Launch My Snack Attack - Lower fat/sugar</b>		
■ Plan & grocery shop for healthier snacks		
■ Choose a smaller size		
■ Make a healthier choice at work/home		
■ Other		
<b>Choose Breakfast</b>		
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		



<h2>Healthy Goals (continued)</h2>	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
<b>Make Fast Foods "FIT" - A little less fat and sugar</b>		
■ 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		
<b>Choose Smart Servings</b>		
■ 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		
<b>Think My Drink - A little less sugar</b>		
■ 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.*

