

GOAL TRACKER



My goal is to:
Drink more water and less
soda and juice.

Date: _____

Circle the number of glasses of water that you drank today.
 One serving equals 8 ounces or 1 cup.

Monday:	1	2	3	4	5	6	7	8
Tuesday:	1	2	3	4	5	6	7	8
Wednesday:	1	2	3	4	5	6	7	8
Thursday:	1	2	3	4	5	6	7	8
Friday:	1	2	3	4	5	6	7	8
Saturday:	1	2	3	4	5	6	7	8
Sunday:	1	2	3	4	5	6	7	8

Tips

- ✓ **Mix half water and half juice.**
 This way you can enjoy the flavor with only half of the sugar.
- ✓ **Pass on the soda.** Don't have it around. It has no nutritional value, adds calories to your diet, increases the occurrence of cavities, and may increase your risk for bone fractures later in life.
- ✓ **Water is the best choice!** Not only is it the most healthful drink, it is also the least expensive.

➔ Water makes me feel good because:



GOAL TRACKER

My goal is to
get less “screen time.”

Date: _____

Circle the number of hours that you had any type of screen time. This includes watching TV, movies, playing video games, or using the computer. This does not include school work time.

Monday:	1	2	3	4	5
Tuesday:	1	2	3	4	5
Wednesday:	1	2	3	4	5
Thursday:	1	2	3	4	5
Friday:	1	2	3	4	5
Saturday:	1	2	3	4	5
Sunday:	1	2	3	4	5

Tips

- ✓ **Turn off the tube and computer.**
Substitute physical activity for one hour of TV viewing each day.
- ✓ **Try something new.** Pick a new activity that you can do once a week instead of watching TV or playing video games. Trips to the library, museum, local pool, park, or farmers market are great ideas.
- ✓ **Tune into dinner, not the TV.** Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- ✓ **Keep it out of the bedroom.**
Keep TV's out of each bedroom in your house.

- ➔ Instead of watching TV or being on the computer this week, I will: _____
- ➔ Another activity that I could do other than watch TV or play on the computer is: _____

GOAL TRACKER



My goal is to eat more
fruits and veggies!

Date: _____



Circle the number of times you ate fruits and vegetables today.

Monday:	1	2	3	4	5
Tuesday:	1	2	3	4	5
Wednesday:	1	2	3	4	5
Thursday:	1	2	3	4	5
Friday:	1	2	3	4	5
Saturday:	1	2	3	4	5
Sunday:	1	2	3	4	5

➡ My favorite fruit or vegetable that I ate was:

➡ A new fruit or vegetable that I want to try is:

Tips

- ✓ **Be prepared.** Keep washed, ready-to-eat produce on hand so it's always available.
- ✓ **Be creative.** Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- ✓ **Be a role model.** Other family members are more likely to eat fruits and vegetables if they see you eating them.
- ✓ **Don't give up.** You may need to see or taste a food 7 to 10 times before you like it!



capital area



GOAL TRACKER



My goal is to be more physically active!

Date: _____

Circle the number of minutes/hours that you were moderately or vigorously physically active today. This includes any activities that you participated in where you broke into a sweat— such as sports, family walks, bike rides, outdoor play and activities, etc.

Monday:	30 min	45 min	60 min	90 min	2hrs+
Tuesday:	30 min	45 min	60 min	90 min	2hrs+
Wednesday:	30 min	45 min	60 min	90 min	2hrs+
Thursday:	30 min	45 min	60 min	90 min	2hrs+
Friday:	30 min	45 min	60 min	90 min	2hrs+
Saturday:	30 min	45 min	60 min	90 min	2hrs+
Sunday:	30 min	45 min	60 min	90 min	2hrs+

Tips

- ✓ **Every step counts!** Take the stairs instead of the elevator . Walk anywhere you can instead of riding in a car.
- ✓ **Be active as a family.** Make activities, such as walks and bike rides, part of your daily routine.
- ✓ **Turn off the tube.** Substitute physical activity for one hour of TV each day.
- ✓ **Join a sport.** Group sports, whether at your school, community center, or recreation facility, are a great way to get moving and meet friends.

➡ My favorite physical activity that I did this week was:

➡ A new physical activity that I would like to try next week is:

Source: Adapted from the Harvard Prevention Research Center and the Maine Center for Public Health

