

# Our Family Goals

Did you know family mealtime can make you healthier, smarter, and have better relationships in life?  
Working as a team, your family members can help each other make healthy life choices!

Write down five healthy goals for the family this month and post this page  
on your refrigerator. Put a check mark by each goal as you complete it!



- 1
- 2
- 3
- 4
- 5