

Healthy Habits



Setting Goals

Using your check up as a guide, set goals to achieve a healthier lifestyle.

Limit Screen Time

I commit to limiting my screen time, outside of school needs, to no more than _____ minutes per day. I will do this by: _____

Eat Breakfast

I commit to eating a healthy breakfast that includes a fruit, grain, protein, or dairy rich meal everyday. I will do this by: _____

Be Active

I commit to being physically active everyday for at least 30 minutes. I will do this by: _____

Eat a Colorful Plate

I commit to eating a healthy meals that include fruits, vegetables, grains, proteins, and dairy; including new and colorful items to enrich my nutritional intake. I will do this by: _____

Drink Plenty of Water

I commit to drinking at least 32 ounces of plain clear water everyday. I will do this by: _____

Think Positive

I commit to striving to be a positive thinker and doer everyday. I will do this by: _____

Signature: _____

