

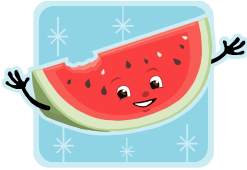
Healthy Lifestyle Goal Setting Worksheet

It is important for your medical team to know how ready you are to make changes to improve your health. The following information can help you and your provider talk about steps you can take to move toward a healthier lifestyle for you and your family.

On a scale of 0 (not ready) to 10 (very ready) how ready are you to consider making a change?
 0---1---2---3---4---5---6---7---8---9---10 (please circle appropriate number)

Ideas for Change

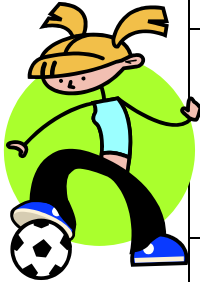
5—Eat at least 5 servings of fruits and vegetables on most days.
 Try one new vegetable or fruit each week
 Add fruit to my cereal everyday
 Choose a fruit for a snack
 Change from fruit juice to whole fruit
 Switch sweets to fruit



2—Reduce screen time to 2 hours or less every day
 Plan my TV time
 Take the TV out of my bedroom
 Don't eat in front of the TV



1—Participate in at least 1 hour or more of physical activity every day
 Take a walk or enjoy a family walk after dinner
 Play my favorite sport or physical activity
 Wear a pedometer & walk 10,000 steps a day
 Obtain physical activity equipment to try something new



0—Limit soda, sugar sweetened drinks and whole milk
 Drink no soda
 Limit fruit and sports drinks
 Switch to low-fat or skim milk
 Drink more water

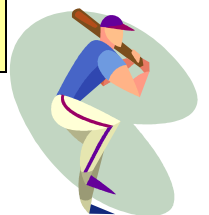


Other: Familiarize myself with portion sizes
 Eat two family meals together each week
 Eat breakfast
 Eat no fast / junk food
 Limit snacks after dinner

My / child's personal health goal is to:

When I / my child reach goal I / my child will be rewarded by: (ideas might be a special privilege, attend an event, do a special activity)

Patient Signature _____ Clinician Signature _____
 Guardian Signature _____ BMI Classification _____ Visit # _____



It may be helpful for someone from our office to call you to check in on your progress.

The best time to call me (Monday to Friday) is: _____

The best phone number to reach me at (Monday to Friday) is: _____

I prefer not to be called for follow-up: