



Goal Tracker

My Goal Is To Eat More Fruits & Veggies.

Date:

Circle the number of fruits & vegetables that you ate today. One serving equals a medium-sized fruit (apple, banana, pear, etc), a 1/2 cup of cut fruit or cooked veggies (about the size of a tennis ball), or 1 cup of raw veggies (about the size of a softball).

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:

- **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 7-10 times before you like it.

- My favorite fruit or vegetable that I ate this week was:

- A new fruit or vegetable that I want to try next week is:

Adapted from the Harvard Prevention Research Center





Goal Tracker

My Goal Is To Be More Physically Active.

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

Date:

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:

- **Every step counts!** Take the stairs instead of the elevator or and 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 of the tube.** Substitute physical activity for one hour of TV each day.
- **Join a team.** Group sports are a great way to get involved and moving.

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

• A new physical activity that I can try next week is:

Adapted from the Harvard Prevention Research Center





Goal Tracker

My Goal Is To Drink More Water & Less Soda and Juice.

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

Date:

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 cheapest.

• Water makes me feel good because:





Goal Tracker

My Goal Is To Watch Less TV.

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.

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.** Substitute physical activity for one hour of TV viewing each day.
- **Try something new.** Pick a new activity that you can once a week instead of watching TV. Trips to the library, museum, local pool, 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.** Do not have a TV in your bedroom.

• Instead of watching TV this week, I:

• Another activity that I could do other than watch TV is:

