

# Tracking Your Family's Change to Good Health



Goal worked on: Drinks

Start Date: \_\_\_\_\_

Mark the days on this calendar that your family meets the goal you are trying to achieve. Which of the following will you try?

Low-fat or Skim Milk

Homemade flavored water with fruit slices

Use Fruit Flavored tea bags for iced tea.

Diet soda, teas or lemonade

Cut your regular sodas in half.

Limit juice, dilute with water or club soda.

Water, water, water!

Week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**Congratulations! You are on your way to sending your family on the road to health!**

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# Tracking Your Family's Change to Good Health



Goal worked on: Get Moving!

Start Date: \_\_\_\_\_

Mark the days on this calendar that your family meets the goal you are trying to achieve. Which of the following will you try?

Write down activity plans for week.

Have a time limit for screen time.

Check out the YMCA. They have scholarships.

Find something you enjoy. DANCE!

Hang your tennis shoes on your door.

Have an exercise partner.

45-60 min/day. Break it up during day.

Check out an exercise DVD at the library

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# Tracking Your Family's Change to Good Health



Goal worked on: Eating out/Fast Foods

Start Date: \_\_\_\_\_

Mark the days on this calendar that your family meets the goal you are trying to achieve. Which of the following will you try?

Limit fried foods

Choose smaller options

Limit extras like butter, bacon, mayo & sauces

Be smart with sides

Look for healthy icons

Be smart with salads. Watch the dressing!

Put lots of veggies, less fatty meat on pizza.

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# Tracking Your Family's Change to Good Health



Goal worked on: Food choices in the home

Start Date: \_\_\_\_\_

Mark the days on this calendar that your family meets the goal you are trying to achieve. Which of the following will you try?

- What fruits and veggies will you buy?
- Use the healthy grocery list given.
- Buy fresh or frozen vegetables
- How about low-fat/fat free mayo, dressings
- Read the labels for fat, sugar and salt
- Low-fat meats, milk cheese and yogurt
- Plan your shopping trip and stick to it.
- Remember GO, Slow Whoa!

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# Tracking Your Family's Change to Good Health



Goal worked on: Healthy Plate

Start Date: \_\_\_\_\_

Mark the days on this calendar that your family meets the goal you are trying to achieve. Which of the following will you try?

- ½ your plate fruits and veggies
- How about a low-fat dairy on the side
- ¾ plate lean meat and protein
- Plan what veggies and fruit you will buy
- Try new ways of cooking veggies.
- 7" plate for young kids.  
9" plate for teens/adults
- ¼ plate healthy starches and grains
- Watch the second helpings.

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# Tracking Your Family's Change to Good Health



Goal worked on: Snacks

Start Date: \_\_\_\_\_

Mark the days on this calendar that your family meets the goal you are trying to achieve. Which of the following will you try?

Think of a snack as a healthy mini-meal

Don't think of sweets as a snack only as a treat

Try baked chips and salsa

Don't drink your calories.

Be prepared and bring a healthy snack

Mix a fruit , veggie, lean meat, grains and dairy

What item will you satisfy your sweet tooth

Read labels for sugar, fat and salt.

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