

Healthy Behavior Goal Setting Worksheet

Choose from 1 to 3 goals towards a healthier lifestyle

1. Eat Healthy Snacks



- Serve fruit or vegetable sticks with snacks
- Grab healthy snacks on the go (e.g. water bottle, fruit, nuts and or whole grain cereals)
- Serve low fat popcorn or whole grain crackers in place of chips/Cheetos®

2. Drink Water Instead of Sugary Beverages



- Decrease the number of sodas that children drink throughout the week
- Carry water and refill bottles throughout the day
- Limit fruit drinks (e.g. CapriSun®) and sports drinks (e.g. Gatorade®)
- Offer 100% fruit juice no more than 1 cup (8 oz) per day

3. Choose Fat-free or Low-fat Milk and Dairy Products Daily



- Switch from whole to 2% reduced-fat milk or 1% low-fat or fat-free milk
- Shop for low-fat (<3 g fat/serving) or partially skim cheeses such as mozzarella
- Offer low-fat milk or yogurt with breakfast and afternoon snack each day

4. Eat at least 2 Cups of Fruits and Vegetables Each Day



- Have your child pick a new vegetable and fruit at the grocery store
- Make vegetables about a half of the plate at lunch and dinner
- Add fruits or dried fruits to cereal and salads

5. Move More and Sit Less



- Watch less TV/DVD and play fewer video/computer games
- Walk and engage in family activities around the house
- Play actively ___ minutes (tumbling, hopscotch, tag, ball, dancing etc.)

On a scale from 1 - 5 how sure are you that you can meet these goals given the way your life is now? (please circle appropriate number) Not sure 1 2 3 4 5 Very Sure

Each time we reach a goal we will celebrate with a non-food related activity. Good ideas include: a sport related gift, invite a few of my child's friends to a sleepover or enjoy a family night game.

Other Goals:

- Serve 3 meals and 2 snacks at the same time each day**
- Have your family eat together at the table more often**
- Describe:** _____

Client's name: _____ Date _____

BMI Classification _____ Visit # _____

Signed: _____

Clinician/Nutritionist Parent/Guardian



(Feb. 2009)

