

FAMILY FOOD AND FITNESS JOURNAL

Below are some sample goals that you can adopt as your own or feel free to write your own on the next page. Check your family journal pages to measure progress weekly or monthly. Once a goal is reached, pick a new one.

Sample Goals:

- 1** Have each family member eat more fruits and vegetables per day by: _____
(insert specific number)
- 2** Have each family member eat more whole grains per day by: _____
(insert specific number)
- 3** Limit TV, computer and telephone time to: _____
(select a time amount)
- 4** Lunches prepared at home for school or work will include healthy sandwiches, fruits and vegetables.
- 5** Replace the sodas and sugary drinks with low-fat or fat-free milk, water, or low-calorie flavored water.
- 6** Increase the number of milk products your children eat, especially low-fat or fat-free milk, cheeses, and yogurt.
- 7** Broil, grill, or bake foods instead of frying them.
- 8** Replace butter and lard with vegetable oils such as canola and olive oil.
- 9** Make a shopping list every week before going to the grocery store.
- 10** Plan two family activities each week such as hiking, biking, walking, or playing ball.



Set Your Goals

List five goals for the next month that you want to reach to improve your family's eating and physical activity habits.

Goal #1:

When will you get started?

(month and day)

Goal #2:

When will you get started?

(month and day)

Goal #3:

When will you get started?

(month and day)

Goal #4:

When will you get started?

(month and day)

Goal #5:

When will you get started?

(month and day)

FAMILY FOOD AND FITNESS JOURNAL

Name _____

Notes _____

	Sunday	Monday	Tuesday
Breakfast			
	mood	mood	mood
Lunch			
	mood	mood	mood
Dinner			
	mood	mood	mood
Snacks			
	mood	mood	mood
Exercise (type & amount of time)			



Decide to live a healthy lifestyle



See where you are now



Understand healthy eating



Recognize the benefits of physical activity



Set goals and plan



Shop, cook, eat together



Support a healthy lifestyle for your family

	Wednesday	Thursday	Friday	Saturday
Breakfast				
	mood	mood	mood	mood
Lunch				
	mood	mood	mood	mood
Dinner				
	mood	mood	mood	mood
Snacks				
	mood	mood	mood	mood
Exercise (type & amount of time)				