



America's Move to Raise a
Healthier Generation of Kids

NAME

DATE

LET'S MOVE! ACTION CHART

LET'S MAKE PROGRESS

CREATE YOUR PERSONAL OR FAMILY ACTION CHART

Let's Move! to live a little healthier. Take these simple steps to set goals and follow your progress.

1 Make Goals.

Start by choosing one or two goals for you and your family. Try to be specific about actions you can really do. Make room for some flexibility.

EXAMPLES:

1. Include fruit for breakfast 5 days per week. (Not: Eat more fruit.)
2. Take a 20 minute walk with the kids 3 evenings per week. (Not: Exercise more.)
3. Go to bed by 10pm on week-nights. (Not: Get more sleep.)

2 Outline steps or activities to achieve your goals.

EXAMPLES:

1. Decide which fruits your family will like. Buy enough fruit for the family breakfasts for the week.
2. Check out your walking routes; there may be one you like or new ones you would like to try.
3. Plan your bed time routine to be more consistent.

3 Keep track of your progress.

Use this chart or one of your own. Place it on the refrigerator, in your bathroom, or on a bedside table where you can check it frequently.

4 Reward your success.

Lots of things can be great incentives, but food should not be one of them. Treat yourself to a new book or music, time for a special activity with family or alone. Make a reward something you will work for and truly appreciate.

5 Tell your friends.

When you share your progress, you motivate others, learn from their ideas, and celebrate your progress

My Goals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal Met (Yes/No) Who did you tell?
1) walk 20 mins 3 times per week with the kids	Plan walking route	walk with kids after dinner		walk with kids after dinner			walk with kids after breakfast	Yes! Posted success as Facebook status
2) eat fruit for breakfast 5 times/week	Bought 5 servings of fruit per day/ per person	Bananas	Grapes		canned peaches	strawberries	Made shopping list	No-Ran out of fruit. Buy more!



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1)								
2)								
3)								
4)								
5)								
6)								