

FAMILY GOAL SETTING



Food

- Eat a healthy breakfast: oatmeal, fruit, unsweetened yogurt
- Limit all sodas, juices, sweet teas, energy drinks, or sports drinks
- Drink 4-6 glasses or bottles of water a day instead of juice/soda
- Drink fat free milk, unsweetened almond or soy milk
- Bake, roast, grill, boil instead of frying
- Only serve second portions of vegetables at meals if desired
- Include children in planning meals and grocery shopping
- Set limits on fast food, carry out, and corner store meals
- Remove processed snack foods from the home: chips, candy, cakes, fruit snacks, cookies, snack bars



Exercise

- Join a team sport or after school program
- Visit a child friendly gym (*such as YMCA*)
- Do exercise/dance DVD's or videos with your child – 60 min. total per day
- Do push-ups, jumping jacks, squats every day (*record amount daily and increase every week*)
- Walk or bike ride instead of driving. Take stairs at all times possible



Screen time (TV, cell phones, computer, video games, tablet/iPad)

- 2 hours or less per day
- Use screen time as a non-food reward (*it is not guaranteed*)
- No TV, cell phone, computer in the child's room – stays with parents
- Turn TV commercials into activity breaks
- Limit screen time during meals
- Have children help with chores – create a chore list



Family habits and behaviors

- Serve vegetables and fruits on large plate; Put grains, meats, starches on small saucer
- Establish an agreed upon meal schedule (*3 meals and 1 snack*)
- Place a fresh fruit bowl on the table or counter
- Always have fresh fruit salad prepared in the fridge
- Review your goals together once a week
- Only provide money needed for travel to and from school to avoid food from stores
- Create a new weekly family tradition: "Wednesday Walking Night"