



GOALS FOR HEALTHIER EATING AND WEIGHT MANAGEMENT

Watch two hours or less of TV each day.

Limit computer time to one hour or less each day.

Limit soda to 1(one) can per week.

Eat two or more fruits each day.

Eat three or more vegetables each day.

Eat at the family Dinner table 3 times a week.

Put fork down between bites.

Pack lunch for school or choose healthy school lunch.

Choose 3 low-fat dairy servings each day.

Limit Fast-food to 1(one) time per week.

Help Mom or Dad with chores every day.

Try one new vegetable every week.

Drink water daily.

Eat fruit for a snack.

Buy whole wheat bread.

Be physically active 30 minutes every day (does not include gym class.)