

Nutrition goal:

1. Grocery shopping goal:
2. Family meal goal:
3. Personal daily goal:

Exercise goal:

1. Weekly goal
2. Daily move more goal

*As a parent you have yourself and your family to set goals for. Break down your nutrition goals into goals for the weekly grocery trip, meal time goals and your own daily personal eating habit goals. Exercise, be specific for your weekly goals. To say you will exercise 3 days a week will leave you on Friday saying, shucks, I only have 3 days left to the week and I am out of time. Look at your week and determine when and how you will schedule your exercise. Don't think of physical activity as just "exercise". Set daily goals to move more, perhaps you walk to pick your kids up from school, walk during swim practice, play ball with your kids, take a walk after dinner, etc...