



## Planning to set healthy goals with children

Setting healthy family goals can be a fun family event. Yes, a fun event! By making it a special event, you build excitement and anticipation with the kids. This will help them look forward to discussing healthier food choices and physical activity.

- ☆ During a family meal, discuss the reason for healthy goals.
- ☆ Talk about how doing healthy activities keeps our body feeling great and growing strong.
- ☆ Encourage the kids to talk about their ideas about being healthy.
- ☆ Set a family date and time when you will have “Healthy Goals” night for the family.
- ☆ Discuss how important each person's ideas are to helping the family pick a healthy goal.
- ☆ Ask each family member to think of healthy goals for the family and one for themselves.



## Set your family for success to reach new healthy goals

With a little bit of planning, you can really set your family up for success. By working with your kids to discuss and understand their goals, they will learn about actions that will help them succeed. Your child will also learn easy ways to avoid actions that will derail their goals. Involve the kids and have them help create an environment for success.

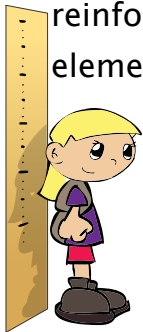
- ☆ Have each family member share ideas on ways that you can be successful
- ☆ Make a list of ways to keep the family motivated
- ☆ Make a list of the obstacles that make it difficult to be successful
- ☆ Start each morning with a positive encouraging statement
- ☆ Agree to remove obstacles, distractions and temptations
- ☆ Plan to have healthy foods or fitness activities available



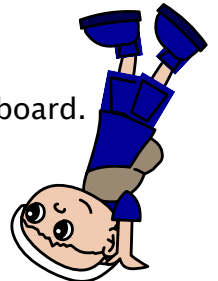


## Keeping the kids motivated to achieving their healthy goal

Keeping the kids motivated is very important. Tracking goals in a positive way is a great way to keep goals active and very visible. Just like teaching kids to keep lists and cross off school projects as they complete them, this is a great tool to use in tracking health goals. It will be fun to have your child color or put a sticker every time you complete the goal. The best way to keep your child engaged is through positive reinforcement. Patience, smiles, encouraging words or praise and fun are key elements to helping kids maintain their commitment.



- ☆ Use a kid-friendly healthy tracking sheet to track your family and individual goals
- ☆ Track the goals daily or weekly depending on the goal
- ☆ Post your family tracking sheet on the refrigerator or family bulletin board.
- ☆ Keep the tracking sheet visible
- ☆ Have your child color or post a star each time the goal is completed
- ☆ Talk about your goals and successes during family time
- ☆ Be excited and enthusiastic! This will help kids stay involved and motivated.
- ☆ Celebrate success even if they are small steps



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