



Healthy Goal Setting for Kids



1. Decide what you want to change.

It's best to only pick one or two changes to make at a time. For example, if your child is watching 3 hours of TV every day your goal might be to cut down screen time to 2 hours or less each day.

If you are unsure what you want to change, use the worksheet included in this packet to measure how much TV/computer time, outdoor play/exercise, fruit/vegetables and sugary drinks your child has each day for 1 week. After a week, look at the completed worksheet to help you decide what to change. The back of the worksheet also has other examples of goals.

2. Make your space at home healthier.

Think of what changes you can make at home to help your child reach the goal. For example, don't keep soda or juice at home. Move the television out of your child's room to help cut down screen time. Or have fresh fruit in the refrigerator that is ready to eat.

3. Track and reward changes.

Talk to your child about what makes the goal hard and what would make it easier. Set up a system to reward the positive changes your child makes. For example, your child could earn a sticker for every 30 minutes he plays outside or for every time he eats a piece of fresh fruit. Make the rewards easy to get at first. Be a role model of the change you are helping your child make. This will help motivate your child.

4. Don't give up!

Changes come in little steps. Your family may start to fall into the same old habits. Don't give up! Talk to your family to figure out what went wrong. Make changes that will help your child succeed and keep trying!