

MY GOALS



Name: _____

_____ Date: _____

- 7** start the day with breakfast 7 days a week
- 5** eat 5 helpings of fruits and vegetables a day
- 2** keep screen time to 2 hours a day or less
- 1** be active for at least 1 or more hours a day
- 0** cut down on soda and sugar-sweetened drinks

Adapted from Jump Up & Go!SM, a youth health and wellness program developed in Massachusetts.

Also adapted from the Maine Center for Public Health.



Seattle Children's
HOSPITAL · RESEARCH · FOUNDATION