MY GOALS

Name: ____________________________

__________________________ Date: ______________

1. Start the day with breakfast 7 days a week
2. Eat 5 helpings of fruits and vegetables a day
3. Keep screen time to 2 hours a day or less
4. Be active for at least 1 or more hours a day
5. 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