



Our Commitment to a Healthy Life

Our family will commit to a healthy life:

- Eating healthy food is important to us. We can learn to make healthy food choices. We will choose to eat healthy foods at home, school, and with our friends. Our family will help make these choices by buying healthy foods.
- Being active is important to me. We will sit less and have fun each day by moving our bodies. Our family will be more active each day by limiting how much time we sit.
- Eating healthy and being active each day can be hard at first. We won't always be perfect. We will work hard each day to make it easier for our family.

Family Commitment: We will offer healthy foods each day for our family. We will also provide support for each other and active play each day. We will watch less TV and movies and play less computer and video games. We will eat less unhealthy foods. Every member will work on these changes to support our family's health.

Signature Date

Signature Date

Signature Date

Signature Date

Signature Date

Signature Date



Our Family Goals for a Healthy Life

- Our family will eat dinner together on ____ or more days per week.
- Our family will do something active and fun together on ____ or more days per week.
- We will go for a family walk on ____ or more days per week.
- Our family will play a sport together on ____ or more days per week.
- On ____ or more days per week, I will praise my child for something healthy he/she did.
- Our family will do chores together on ____ or more days per week.
- Our family will eat breakfast on ____ or more days per week.
- Our family will limit sugary drinks to ____ or less per week.
- Our family will limit eating fast food to ____ or less times per week.

Pick 2 goals that you feel your family can work on and accomplish. Write down your family's goals and mark your calendar each time you complete your goals during a given month.

