

NAME: _____ DATE: _____

My Healthy Habit Goal

Circle the answer that best describes you.

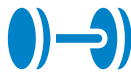
I want:



A healthy body



More energy



Stronger muscles



To be better at sports and activities



Better grades



A happier mood

I want to:

Make half of my plate veggies and fruits

Drink more water

Be active

Limit my screen time

Healthy Habit Action Plan

How I will work on my Healthy Habit Goal:

I will _____
(This is my action plan.)

(Examples: run, shoot baskets, dance, eat vegetables, eat fruits, drink water, walk the dog, ride my bike, etc.)

I will work on my action plan:

- | | | |
|--|-------------------------------------|------------------------------------|
| <input type="radio"/> Before breakfast | <input type="radio"/> After school | <input type="radio"/> On weekend |
| <input type="radio"/> After breakfast | <input type="radio"/> Before dinner | <input type="radio"/> At school |
| <input type="radio"/> Before school | <input type="radio"/> After dinner | <input type="radio"/> Other: _____ |

I will work on my action plan:

Times per week (circle one): 1 2 3 4 5

My family can help me by: _____

