



Eat More Fruits and Vegetables, Drink Water, and Get Active




Healthy Living - My Plan for Getting Active!

Set a goal. Write it in the **My Goal** section. Write down what you are going to do each day. Remember, **getting active** is anything that gets your body moving. Mark a smile on the days you meet your goal *under the smile*.

Make a plan for the next week. Keep it up until you are exercising every day! Make it something you can do, such as walk around the park after dinner.



Day	My Goal:	
Monday	What I Will Do for My Goal	
Tuesday	What I Will Do for My Goal	
Wednesday	What I Will Do for My Goal	
Thursday	What I Will Do for My Goal	
Friday	What I Will Do for My Goal	
Saturday	What I Will Do for My Goal	
Sunday	What I Will Do for My Goal	

Number of times I reached my daily goal (count smiles):		
Did I reach my goal for the week? (circle Yes or Not Yet)	Yes	Not yet