



# Our Healthy Living Goal: Week

## What do you want to work on together as a family in the next week?

Pick ONE goal from the suggestions below, or write your own SMART goal in the space provided.

### SWEAT – 60 minutes of moderate to vigorous activity each day for children, and 150 minutes each week for adults.

- We will go for a walk as a family after dinner \_\_\_ times this week.
- We will engage in physical activity together for \_\_\_ minutes \_\_\_ times this week (i.e. walking, biking, dancing, online exercise video, home workout).
- We will do a physical activity outdoors (i.e. soccer, walking, biking, playing frisbee, badminton) \_\_\_ times this week.
- OTHER:**

### SLEEP – Uninterrupted 9 to 11 hours per night for those aged 5–13 years, 8 to 10 hours per night for those aged 14–17 years, and 7 to 9 hours per night for adults, with consistent bed and wake-up times.

- We will aim for \_\_\_ hours of sleep every night this week.
- We will wake up and go to bed at the same time every day this week.
- We will turn off screens \_\_\_ minutes before bed.
- We will keep our screens/devices outside of our bedrooms when we sleep.
- We will go to bed \_\_\_ minutes earlier \_\_\_ nights this week.
- We will try a new sleep hygiene tip (see *Sleep Hygiene* info in workbook).
- OTHER:**

### SIT – No more than 2 hours per day of recreational screen time.

- After 1 hour of screen time, we will get up and take a \_\_\_ minute break.
- We will put away electronics during meals and snacks \_\_\_ days this week.
- We will limit our recreational screen time to \_\_\_ hours each day this week.
- After \_\_\_ minutes/hour(s) of screen time, we will do a different activity (i.e. take a walk, play a board game, do a puzzle, or do an arts and crafts project).
- OTHER:**

### NUTRITION

- We will eat together as a family \_\_\_ times this week.
- We will eat half a plate of vegetables with dinner \_\_\_ times this week.
- We will try to drink no more than \_\_\_ sugary drinks this week.
- We will drink \_\_\_ cups of water each day.
- We will eat meals/snacks containing whole foods \_\_\_ times this week.
- OTHER:**

Our action plan:

Our confidence with achieving our goal:

#### OUR FAMILY GOAL TRACKER

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |



Did we meet our goal?



# Our Healthy Living Goal: Week #2 **SAMPLE**

## What do you want to work on together as a family in the next week?

Pick ONE goal from the suggestions below, or write your own SMART goal in the space provided.

### SWEAT – 60 minutes of moderate to vigorous activity each day for children, and 150 minutes each week for adults.

- We will go for a walk as a family after dinner \_\_\_ times this week.
- We will engage in physical activity together for \_\_\_ minutes \_\_\_ times this week (i.e. walking, biking, dancing, online exercise video, home workout).
- We will do a physical activity outdoors (i.e. soccer, walking, biking, playing frisbee, badminton) \_\_\_ times this week.
- OTHER:** Go for a 30min bike ride as a family 2 times this week

### SLEEP – Uninterrupted 9 to 11 hours per night for those aged 5–13 years, 8 to 10 hours per night for those aged 14–17 years, and 7 to 9 hours per night for adults, with consistent bed and wake-up times.

- We will aim for \_\_\_ hours of sleep every night this week.
- We will wake up and go to bed at the same time every day this week.
- We will turn off screens \_\_\_ minutes before bed.
- We will keep our screens/devices outside of our bedrooms when we sleep.
- We will go to bed \_\_\_ minutes earlier \_\_\_ nights this week.
- We will try a new sleep hygiene tip (see *Sleep Hygiene* info in workbook).
- OTHER:**

### SIT - No more than 2 hours per day of recreational screen time.

- After 1 hour of screen time, we will get up and take a \_\_\_ minute break.
- We will put away electronics during meals and snacks \_\_\_ days this week.
- We will limit our recreational screen time to \_\_\_ hours each day this week.
- After \_\_\_ minutes/hour(s) of screen time, we will do a different activity (i.e. take a walk, play a board game, do a puzzle, or do an arts and crafts project).
- OTHER:**

### NUTRITION

- We will eat together as a family \_\_\_ times this week.
- We will eat half a plate of vegetables with dinner \_\_\_ times this week.
- We will try to drink no more than \_\_\_ sugary drinks this week.
- We will drink \_\_\_ cups of water each day.
- We will eat meals/snacks containing whole foods \_\_\_ times this week.
- OTHER:**

**Our action plan:** We will bike around our neighbourhood for 30mins on Monday and Friday

**Our confidence with achieving our goal:** 10 - Very confident

#### OUR FAMILY GOAL TRACKER

| DAY 1    | DAY 2  | DAY 3    | DAY 4  | DAY 5  | DAY 6   | DAY 7     |
|----------|--------|----------|--------|--------|---------|-----------|
| Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday |
|          |        | X        |        | X      |         | X         |



Did we meet our goal?

Yes