


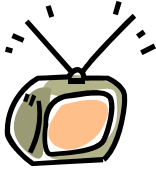




Healthy Lifestyle Goal Setting Worksheet

It is important for your medical team to know how ready you are to make changes to improve your health. The following information can help you and your provider talk about steps you can take to move toward a healthier lifestyle for you and your family.

On a scale of 0 (not ready) to 10 (very ready), how ready are you to consider making a change in one of the areas below? (please circle the number that best represents how ready you are.)

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

5	2	1	0
<p>More is better! Eat at least 5 servings of fruits and vegetables a day. Limit 100% fruit juice.</p> 	<p>Reduce screen time to 2 hours or less every day.</p> 	<p>Participate in at least 1 hour or more of moderate to vigorous physical activity every day.</p> 	<p>Restrict soda and sugar sweetened sports and fruit drinks. Drink water and 3-4 servings of fat-free/skim or low-fat milk instead.</p> 
Ideas for Change			
<ul style="list-style-type: none"> ✓ Try one new vegetable or fruit each week. ✓ Choose a vegetable with dip for a snack. ✓ Add fruit to my cereal ✓ Switch sweets to fruit. ✓ Eat 2 or more family meals together each week. ✓ Eat breakfast ✓ Limit snacks after dinner 	<ul style="list-style-type: none"> ✓ Plan my TV time ✓ Take the TV out of the bedroom ✓ Don't eat in front of the TV 	<ul style="list-style-type: none"> ✓ Take a family walk after dinner. ✓ Wear a pedometer and set a goal for the number of steps I take each day. ✓ Play my favorite sport or physical activity 	<ul style="list-style-type: none"> ✓ Drink no soda ✓ Limit fruit and sports drinks ✓ Switch to low-fat or skim milk ✓ Drink more water instead of sports drinks or fruit drinks.

My/child's personal health goal is to:

When I/my child reach the goal, I/my child will be rewarded by:

Parent/Guardian signature: _____ **Child's BMI:** _____

Clinician signature: _____