

## MY HEALTHY LIFESTYLE GOALS

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Goals are small steps or changes that help us move towards a bigger goal. To have a healthy mind and body we should be working towards the long term goal of:

HAVING FUN EVERYDAY  
EATING A HEALTHY DIET EVERYDAY  
BEING ACTIVE FOR 60 MINS PER DAY  
SLEEPING 10-11 HOURS PER NIGHT  
FEELING HAPPY IN OUR BODY AND MIND

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Child

\_\_\_\_\_  
Date