



Making Fitness Fun for ^{real} Families!

Our Weekly Family Fitness Goals:

Everyday healthy eating Goal: *(examples: drinking only healthy beverages, getting 5 servings of fruit, etc.)*

Days we did it!! (circle)

m t w r f s s

Everyday activity goal: *(remember to make this something you can do every day!)*

Days we did it! (circle)

m t w r f s s

New food to try this week:

liked it? Yes no

Eat it again? Yes no

New activity to try this week:

liked it? Yes no

Do it again? Yes no