## GOALS

**WEEK ONE:** Fill half of your plate with fruits and vegetables

**WEEK TWO:** Limit your consumption of sugar-sweetened beverages

**WEEK THREE:** Exercise for at least 60 minutes a day

**WEEK FOUR:** Make at least half of your grains whole grains

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### SUNDAY

- Try a different vegetable today such as asparagus
- Cut back on sugar by drinking seltzer with a splash of juice
- Make it a goal today for your child to spend no more than 2 hours in front of a screen
- Try a new sport today such as tennis or baseball

### MONDAY

- Enjoy sliced apples with your lunch instead of chips
- Instead of watching TV, go outside & ride your scooter
- Exercise for at least 60 minutes each day this week
- Switch to low-fat or fat-free milk

### TUESDAY

- Try celery and carrots dipped in hummus for a quick & nutritious snack
- Sip on water in between meals to help you stay hydrated
- Substitute brown rice for white rice with your dinner
- Use plain yogurt to replace sour cream in recipes

### WEDNESDAY

- Enjoy strawberries and Greek yogurt for dessert
- Try skim milk with breakfast instead of flavored milk
- Try jumping rope and hula hooping with friends
- Try a new whole grain today such as quinoa, barley or wild rice

### THURSDAY

- Color in for each full week completed
- Drink water during exercise instead of sugary sports drinks
- Go on a walk today before dinner with your family
- Switch to 100% whole wheat bread instead of white bread.

### FRIDAY

- Enjoy strawberries and Greek yogurt for dessert
- Add lemon to your water for extra flavor
- Try playing a new sport today like tennis or soccer
- Try popcorn with parmesan cheese for a healthy whole grain snack

### SATURDAY

- Involve your kids in yard work and other chores around the house
- Snack on whole grain cereal such as muesli instead of chips
- Try playing a new sport today like tennis or soccer
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**Prize:** ________________