



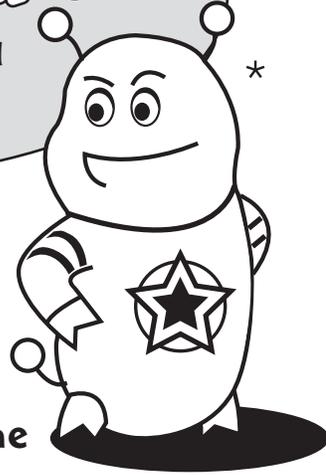
Adventures in learning, created  
by Canadian dietitians

**SET A GOAL...  
Make Healthy Living Happen!**

Eat well, be active, feel good  
about yourself and enjoy  
healthy living for life!

[www.missionnutrition.ca](http://www.missionnutrition.ca)

**Healthy living is about  
making healthy choices.  
And over time, the healthy  
choices you make can become  
healthy living habits for life!**



**Small changes can make a BIG difference:** Focus on one or two small goals to start.

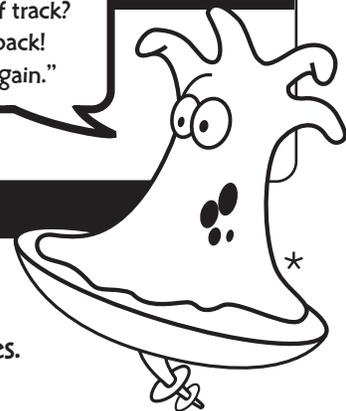
**Simple steps to setting goals:** Follow these simple steps to help your family set a healthy living goal.

**Be sure to write your family goal down!** Use the next page of this activity sheet to record your goal and your plan, and to track your progress.

### Work together as a family to:

- 1. Set a goal** Choose a goal that is achievable. Set yourself up to succeed by choosing a realistic goal.
- 2. Make a plan** Decide on the actions you will take to reach your goal.
- 3. Put your plan into action** Follow through on your plan one day at a time.
- 4. Track your progress** Discuss your progress each week and go from there. Don't worry if you get off track one day – start again with new energy.
- 5. Reward yourself** Celebrate your success! When you set your goal, the whole family can think of something fun to look forward to. For example, a family picnic, a games night or a special outing together.

"Oops! I got off track?  
but now I'm back!  
Time to start again."



### Keep on setting goals!

As your family learns to set and achieve goals you can apply this skill in any area of your lives. Use the simple steps you've learned to set another family goal.

# MISSION NUTRITION

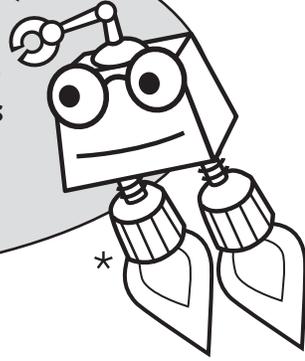
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Remember to celebrate your success! What reward will your family choose this week?

Visit [www.missionnutrition.ca](http://www.missionnutrition.ca) for more healthy living tips, activities and information!

Visit [www.dietitians.ca](http://www.dietitians.ca) for more information on healthy eating.

[www.missionnutrition.ca](http://www.missionnutrition.ca)



## Our Healthy Living Goal

Set a goal that you believe your family can achieve and one that is easy to track. Pick a goal that works best for your family or choose one of these examples:

- Examples:**
- ☆ To eat well - we will start each day with a nutritious breakfast, with at least 3 food groups.
  - ☆ To be more physically active - we will enjoy a family activity at least 3 times a week.
  - ☆ To build our self-esteem - we will pay each other a special compliment every day.

**Our family goal:** \_\_\_\_\_

## Our Family Action Plan

Decide on the actions you will take to reach your goal. For example, here are some actions you can take to start each day with a nutritious breakfast.

- We will:**
1. Make a weekly menu with some nutritious breakfasts we enjoy.  
(Tip: Include foods from at least 3 of the 4 food groups: Vegetables & Fruit, Grain Products, Milk & Alternatives and Meat & Alternatives)
  2. Set the table and get ready for breakfast the night before.
  3. Wake up 15 minutes earlier so we have time to eat breakfast.

**Our action plan:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

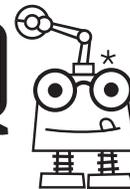
## Our Family Progress

Keep track of your progress for a week. At the end of each day, note if you followed your plan or not:

- Day 1**     yes     no  
**Day 2**     yes     no  
**Day 3**     yes     no  
**Day 4**     yes     no

- Day 5**     yes     no  
**Day 6**     yes     no  
**Day 7**     yes     no

"How did you do?"



**At the end of the week, ask yourselves?**

What worked? \_\_\_\_\_

What didn't work? \_\_\_\_\_

- Where do we go from here?     Let's keep working on this goal.     We need to revise our action plan.  
 We want to set a new goal.