



My goal is to eat ____ veggies & fruits today.

How many vegetables and fruits did you eat today? One serving is equal to a medium sized piece of fruit (e.g. apple, banana), a ½ cup of cooked vegetables or cut-up fruit (think of a tennis ball), or 1 cup of raw vegetables (think of a softball).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

This week, my favourite vegetable or fruit was:

Next week, the new vegetable or fruit I am going to try is:

- ✓ Choose vegetables and fruit for snacks. Keep a bowl of fruit out for kids to grab. Avoid snacks high in sugar, fats and salt.
- ✓ Try beginning dinner with a salad or raw vegetables.
- ✓ Introduce new foods to your children but remember, it may take many attempts before they enjoy a new taste.
- ✓ Get the whole family involved with preparing and cooking food, and eat together whenever possible.



My goal is to have ____ hours or less of screen time today.

How many hours of screen time did you get today? This includes watching TV or movies, playing on your phone or the computer, and video games.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

This week, something I did instead of screen time was:

Another activity I could do so I have less screen time is:

- ✓ Power down TVs, video games, computers and other electronics and power up family games, outings and activities.
- ✓ Keep board games, books and puzzles on hand as an alternative to TV.
- ✓ Post the drop-in swim, skate and gymnasium schedules on the fridge for a quick reference.
- ✓ Schedule 'outdoor' time each day. Keep a bag of play and sport equipment handy to bring outside.



My goal is to be physically active for ____ hours today

How many hours were you moderately or vigorously physically active today? This includes activities like walking, biking, playing, anything you did where you broke into a sweat!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

This week, my favourite physical activity was:

Next week, the new physical activity that I am going to try is:

- ✓ Children need to move and play as much as possible; provide the space and time for active play.
- ✓ Choose fun, active family outings such as ice skating or playing games at the park.
- ✓ Teach children basic sports skills like throwing, running and jumping.
- ✓ Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.
- ✓ Walk or roll to school, to the store, or to the park whenever possible.



My goal is to drink ____ glasses of water and low-fat milk today.

How many glasses of water and low-fat milk did you drink today? 1 serving is equal to 8 ounces, 250 mL, or 1 cup. Aim for 0 sugar sweetened beverages, like pop.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

I feel good when I drink water because:

- ✓ Get your calories from healthy foods and your liquids from water.
- ✓ Avoid sugar sweetened beverages, like pop and fruit punch. They provide little nutritional value and are packed with calories.
- ✓ Try fresh slices of lemon or cucumber to add a refreshing flavor to water.
- ✓ A small glass of real, unsweetened fruit juice can be an occasional treat.
- ✓ Caffeine, energy and sports drinks are not recommended for children. Plain milk is a healthy alternative to sugary drinks.