

# Goal-setting Worksheet



Name: \_\_\_\_\_

Parents: help your child set a food goal to try this week. Some examples could include: drink only water and milk each day, or try one new fruit or vegetable each day. Student: write down your food goal for the week.

I will \_\_\_\_\_

\_\_\_\_\_.

Who are two adults that can help you?

1- \_\_\_\_\_

2- \_\_\_\_\_

Cross off one rocket ship each day that you achieve your goal.

