



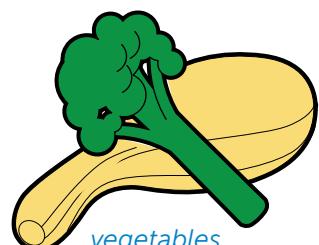
Youth Fit 4 Life

# WEEK ONE

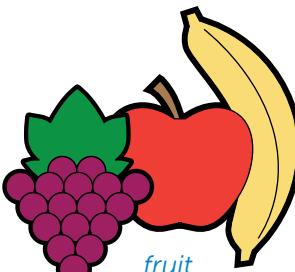
## LONG TERM GOALS



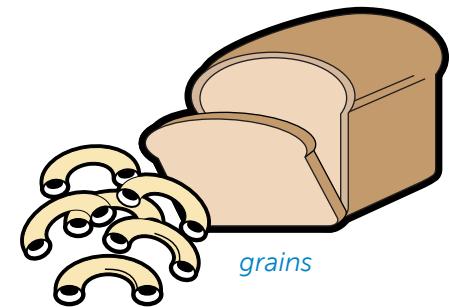
## NUTRITION



vegetables



fruit



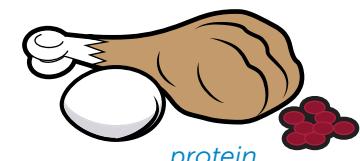
grains



dairy



water



protein

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## MOVEMENT



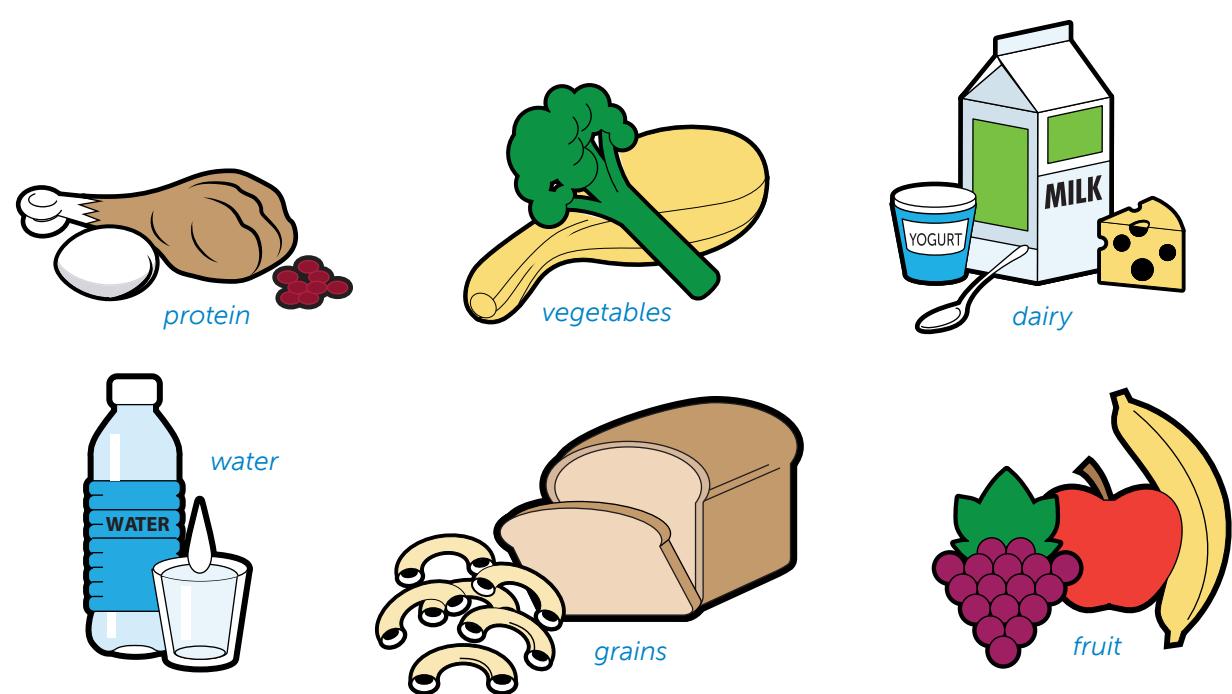
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# WEEK TWO

## SHORT TERM GOALS



## NUTRITION



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MOVEMENT



Youth Fit 4 Life

# WEEK THREE

# SMALL EASY FUN

Short-Term  
Action Planning:  
Physical Activity



# MOVEMENT SKILLS



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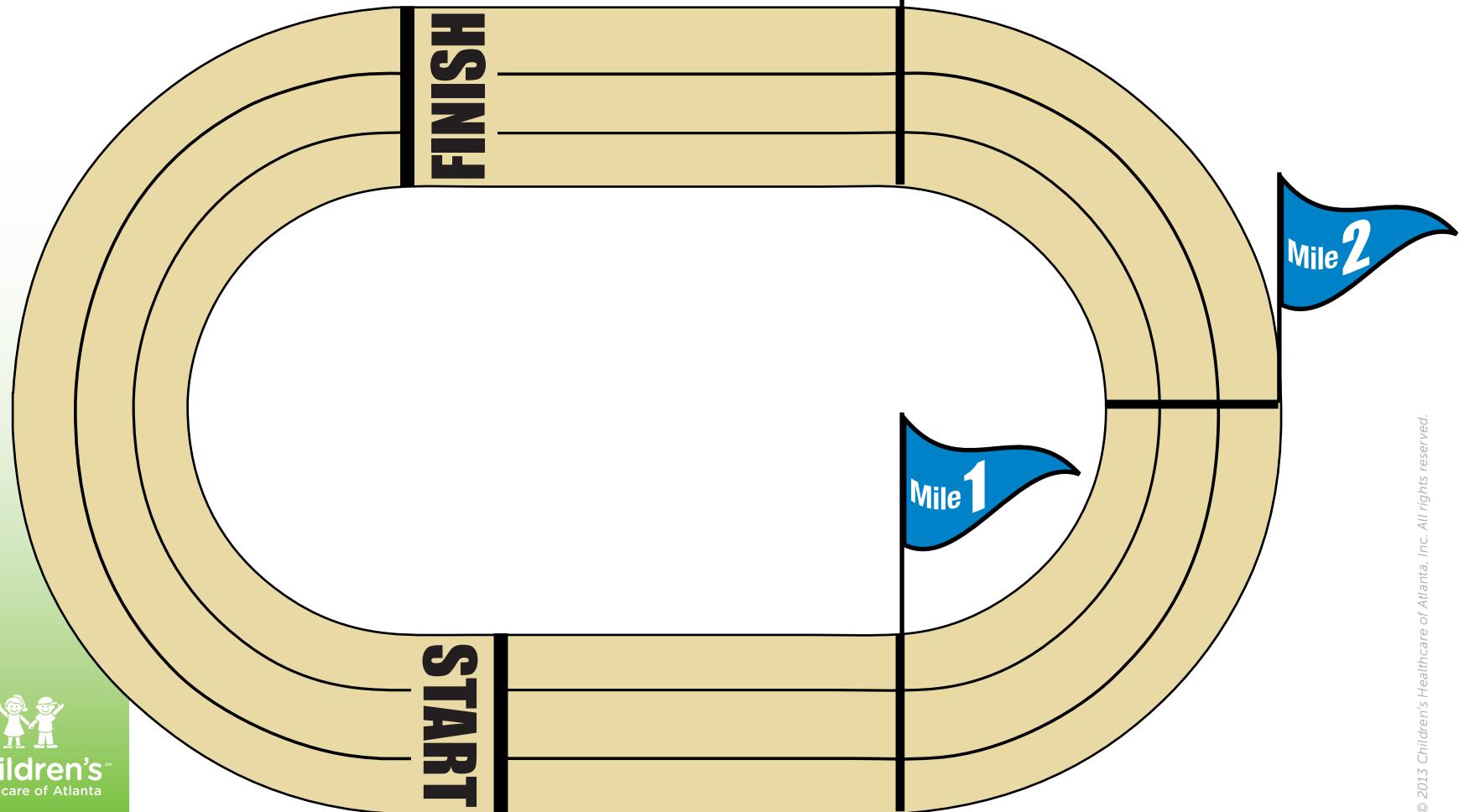
# WEEK FOUR

# WAY TO GO!

Goal Tracking



Mile 3



Metro Atlanta

Children's  
Healthcare of Atlanta

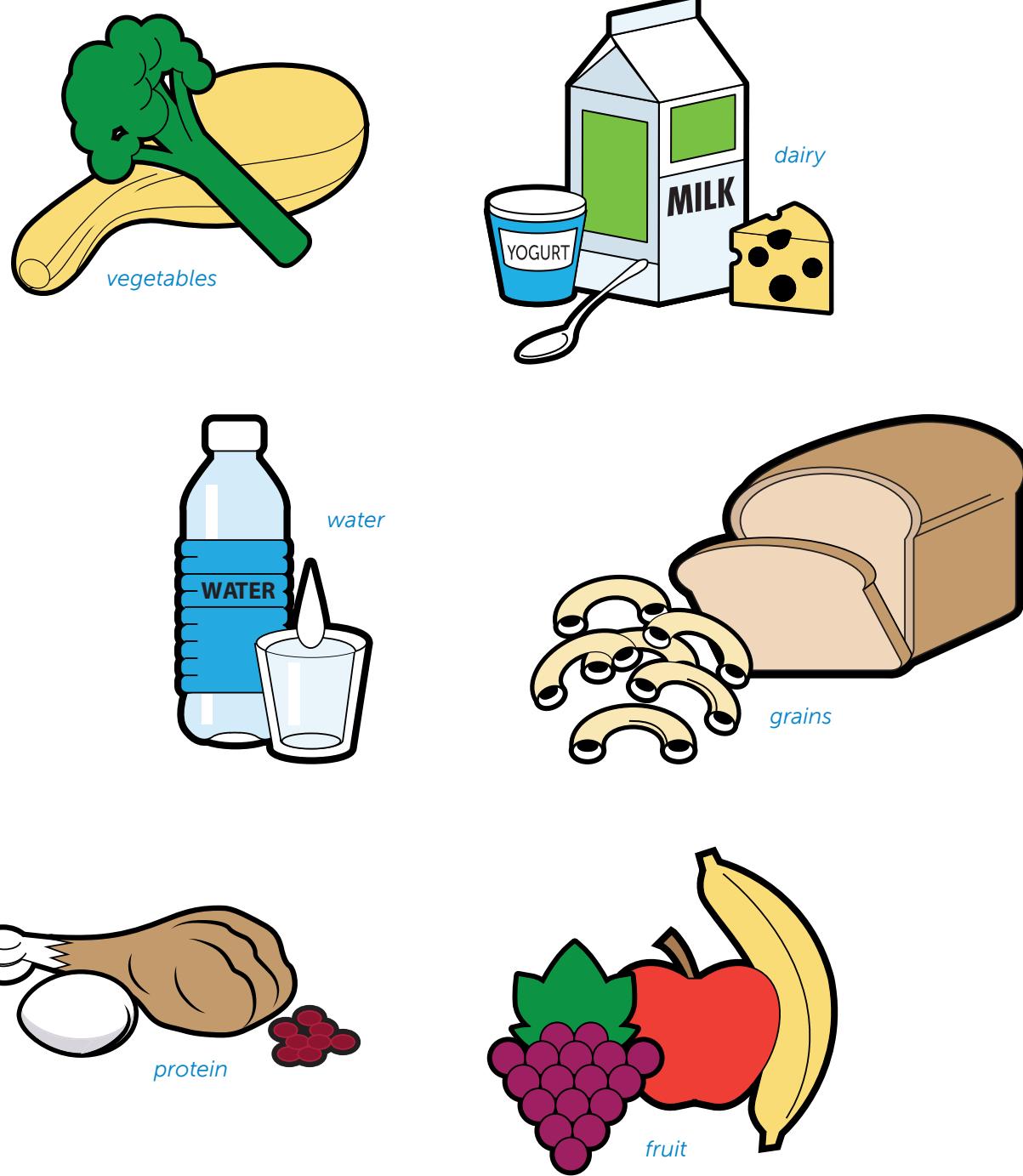


Youth Fit 4 Life

# WEEK FIVE

## SMALL EASY FUN

Short-Term  
Action Planning:  
Nutrition



NUTRITION SKILLS

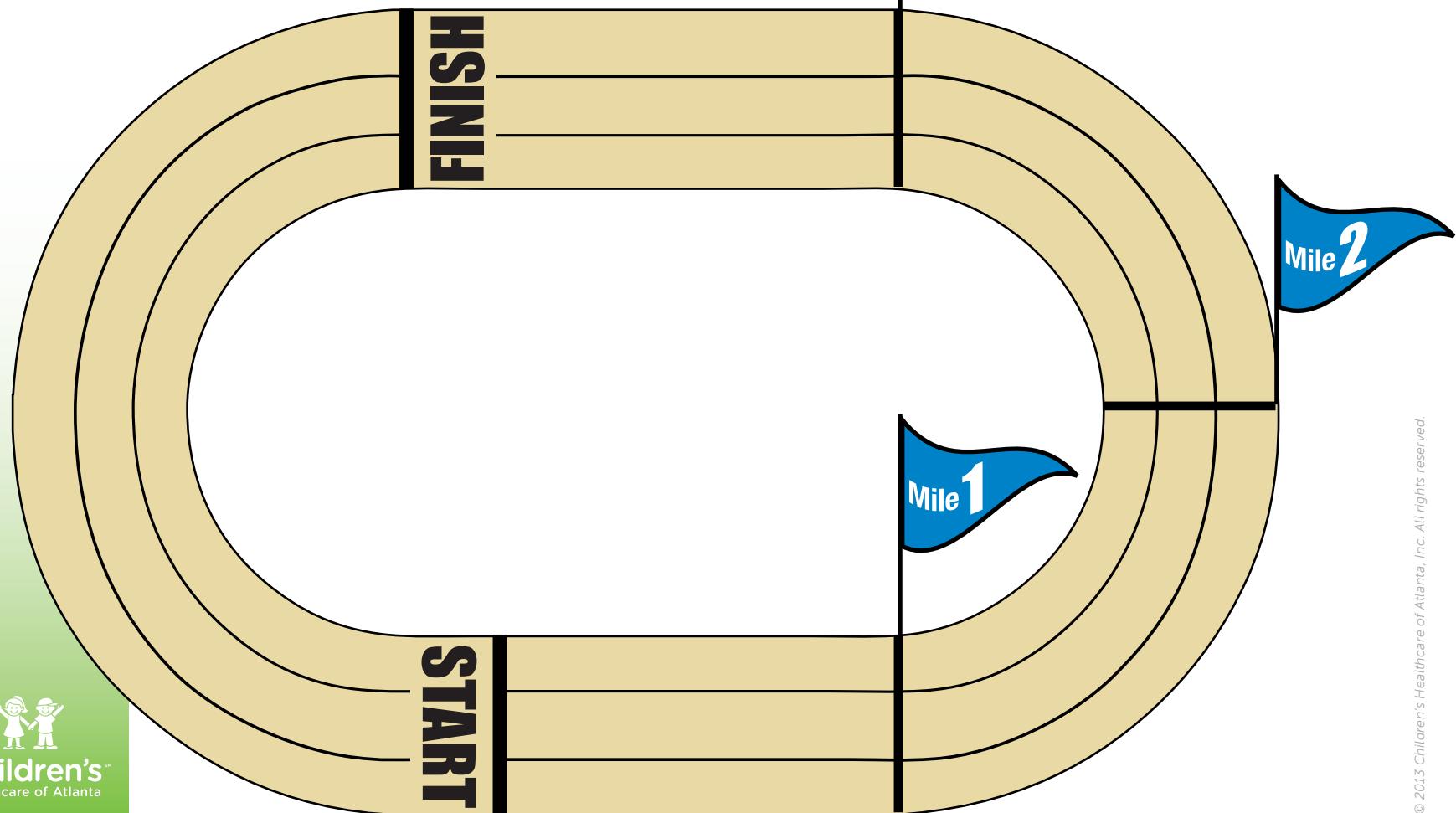
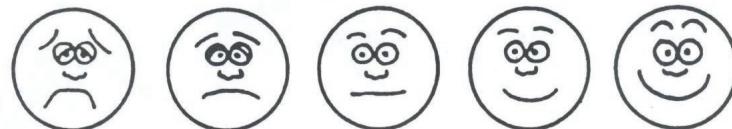


Youth Fit 4 Life

# WEEK SIX

# WAY TO GO!

Goal Tracking





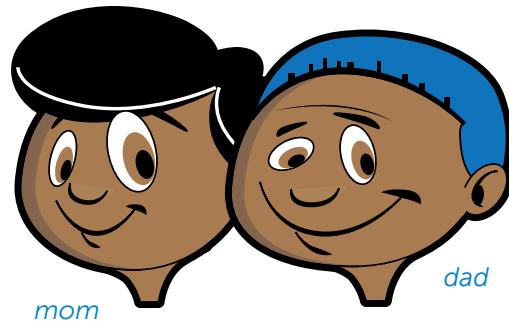
# Youth Fit 4 Life



# WEEK EIGHT

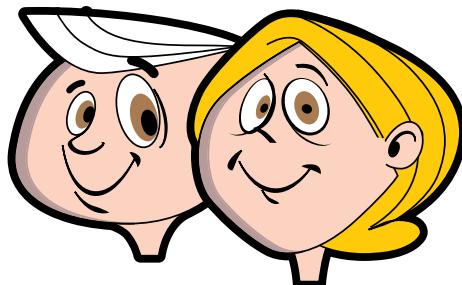


## — MY — TEAM

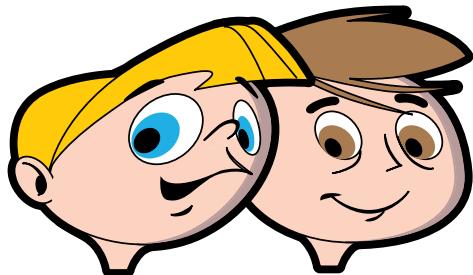


*mom*

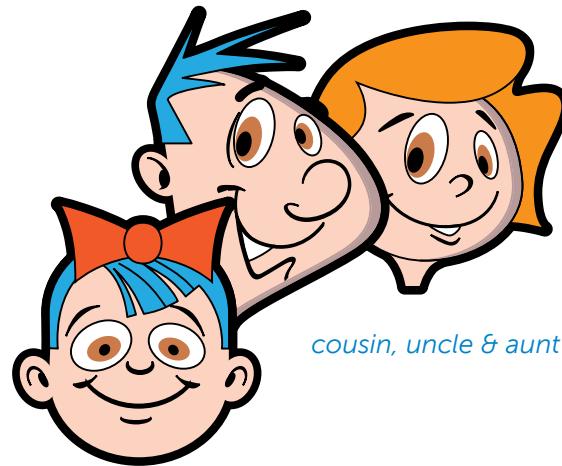
*dad*



## *grandparents*



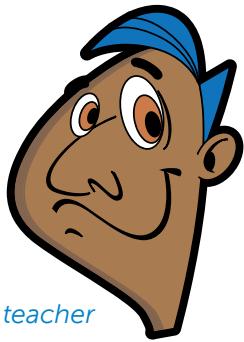
## *sisters & brothers*



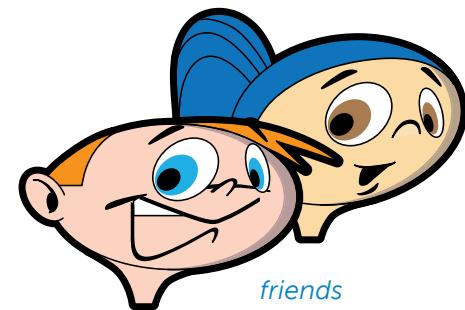
## *cousin, uncle & aunt*



*coach*



## teacher



*friends*



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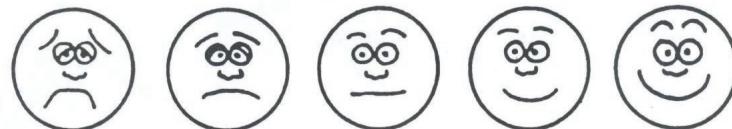


Youth Fit 4 Life

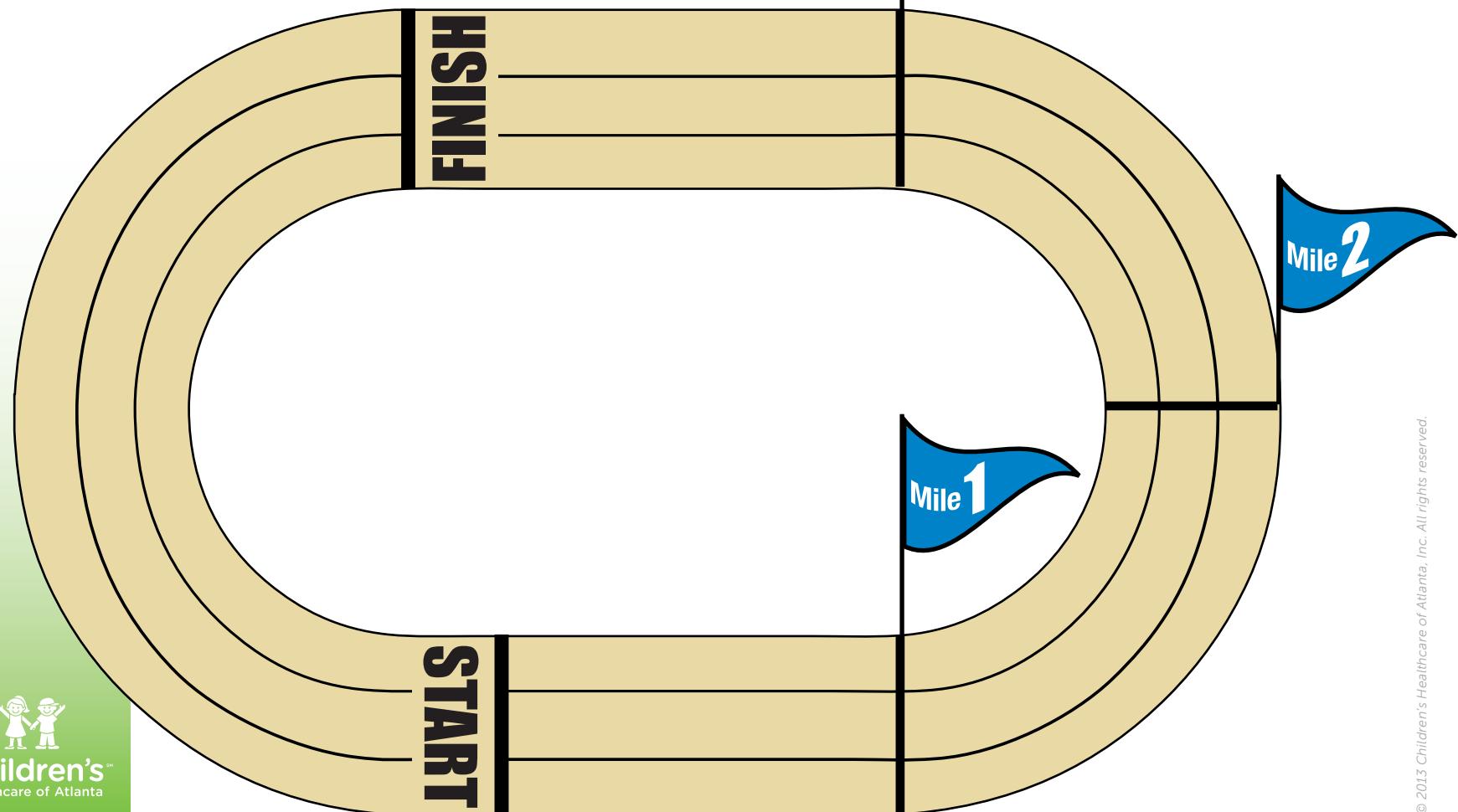
# WEEK NINE

# WAY TO GO!

Goal Tracking



Mile 3





Youth Fit 4 Life

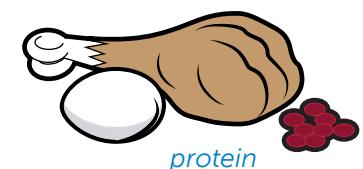
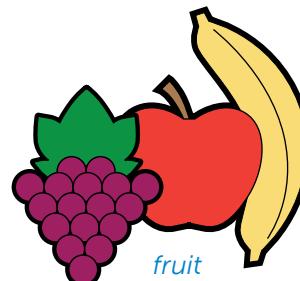
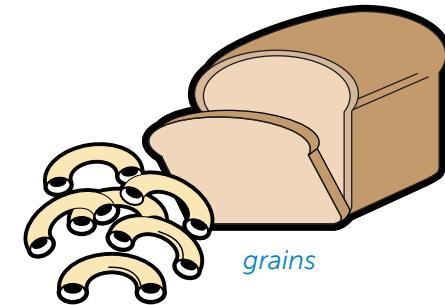
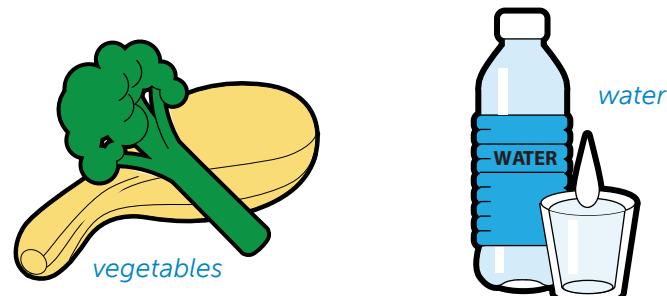
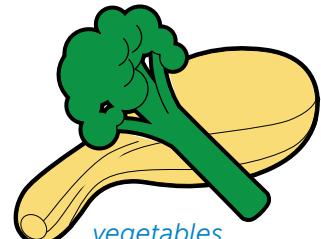
# WEEK TEN

# SMALL EASY FUN

Short-Term  
Action Planning  
with My Team



## NUTRITION



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MOVEMENT

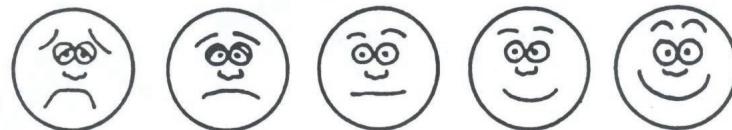


Youth Fit 4 Life

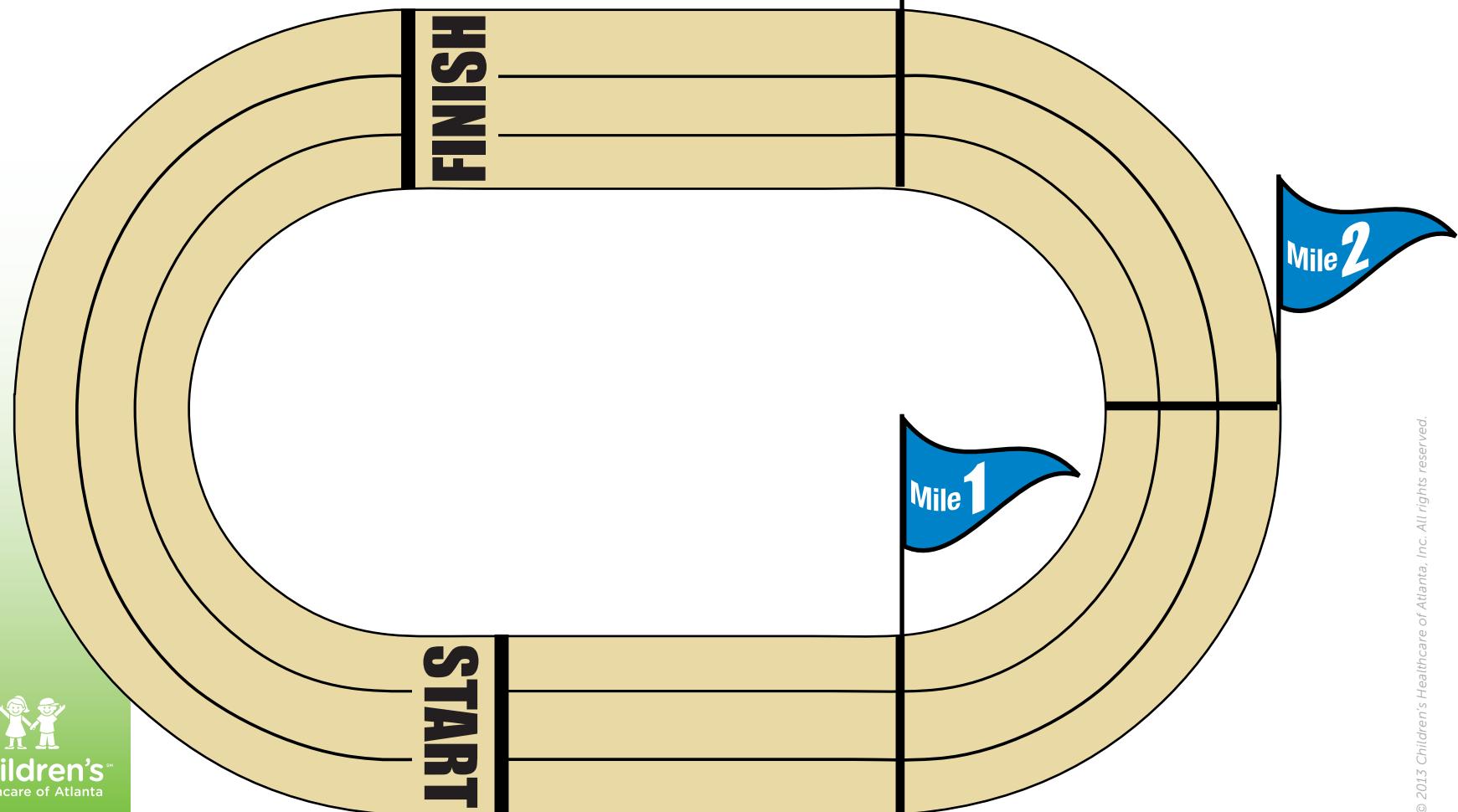
# WEEK ELEVEN

# WAY TO GO!

## Goal Tracking



Mile 3



Metro Atlanta

Children's  
Healthcare of Atlanta



Youth Fit 4 Life

# You did it!

## ACHIEVEMENT CERTIFICATE

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NAME

---

DATE

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LEADER