

Youth Fit 4 Life

WEEK  
ONE

LONG  
TERM  
GOALS



running



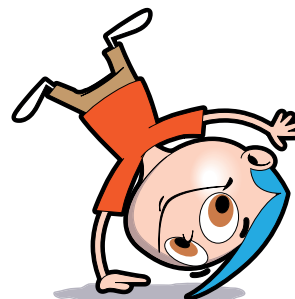
jumping  
rope



dancing



free play

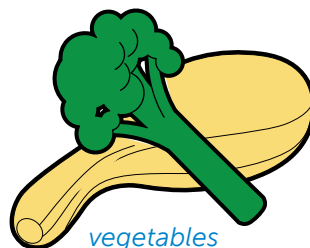


gymnastics

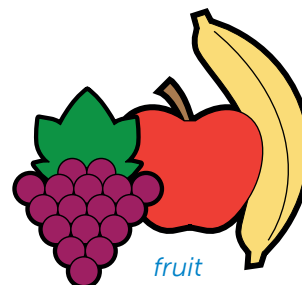


playing  
with a ball

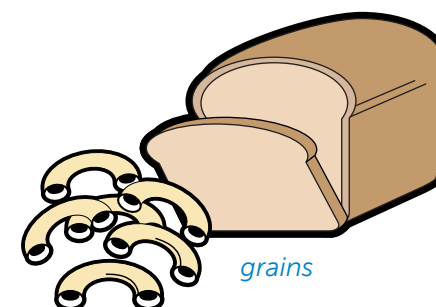
MOVEMENT



vegetables



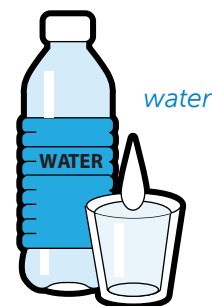
fruit



grains



dairy



water



protein

NUTRITION



Youth Fit 4 Life



WEEK  
TWO

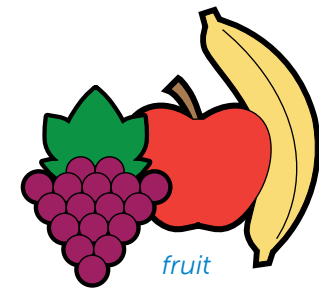
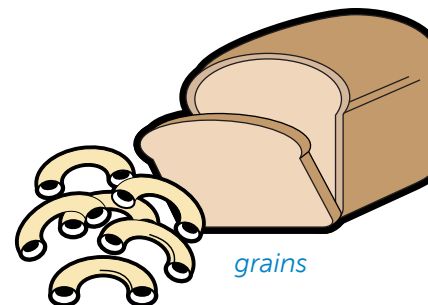
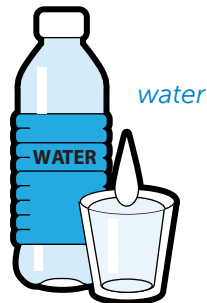
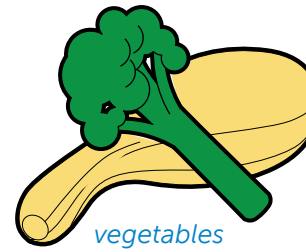
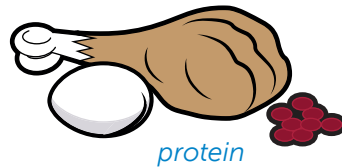


SHORT  
TERM  
GOALS



MOVEMENT

NUTRITION



Youth Fit 4 Life

WEEK  
THREE

SMALL  
EASY  
FUN

Short-Term  
Action Planning:  
Physical Activity



Metro Atlanta



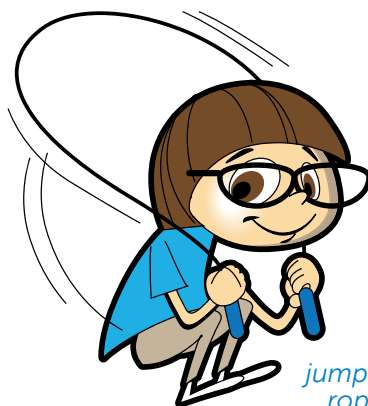
Children's  
Healthcare of Atlanta



free play



dancing



jumping  
rope



gymnastics



running



playing  
with a ball

MOVEMENT SKILLS



Youth Fit 4 Life

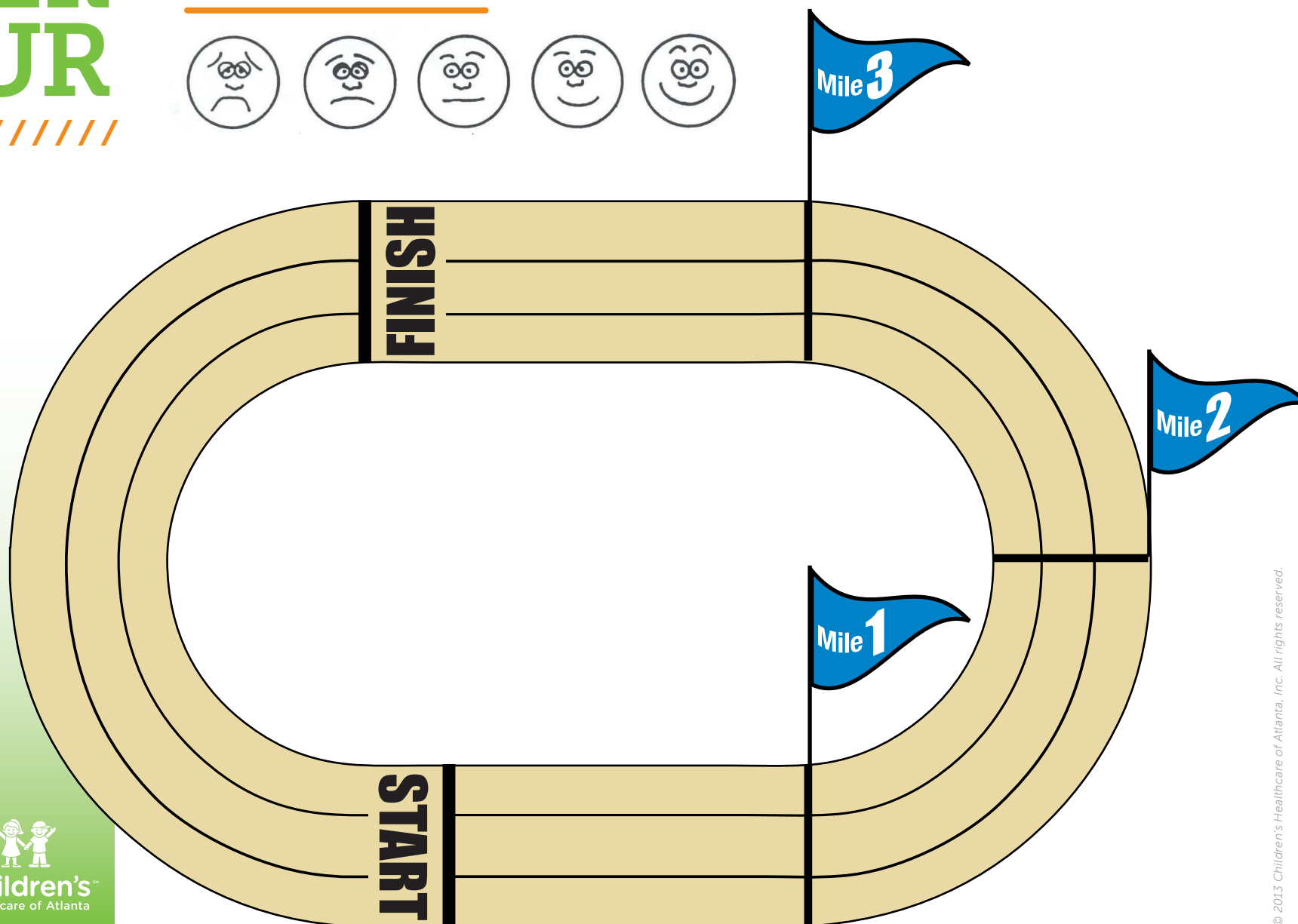


**WEEK  
FOUR**



# WAY TO GO!

Goal Tracking



Metro Atlanta



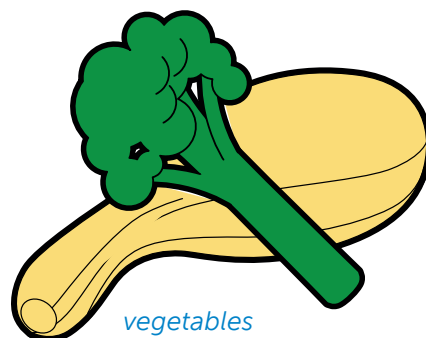
Children's  
Healthcare of Atlanta

Youth Fit 4 Life

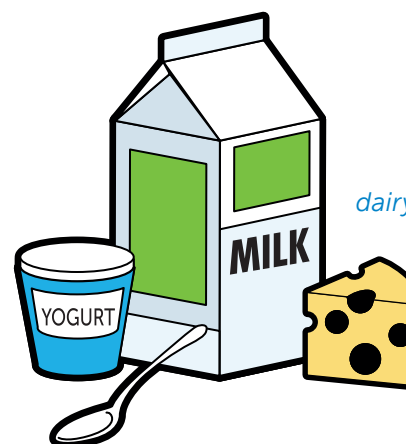
WEEK  
FIVE

SMALL  
EASY  
FUN

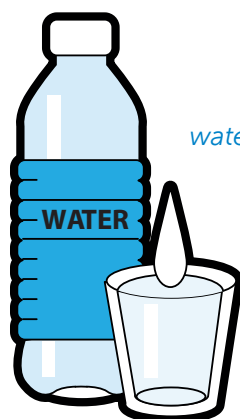
Short-Term  
Action Planning:  
Nutrition



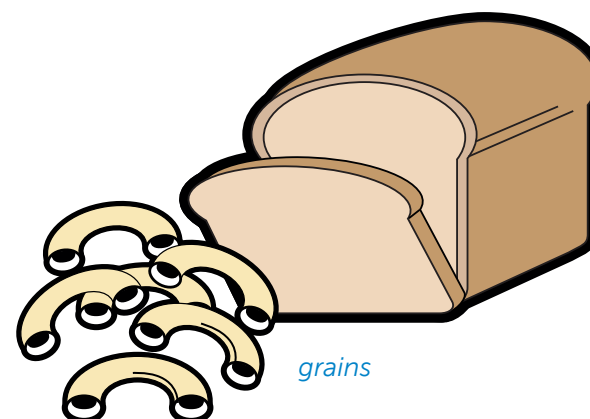
vegetables



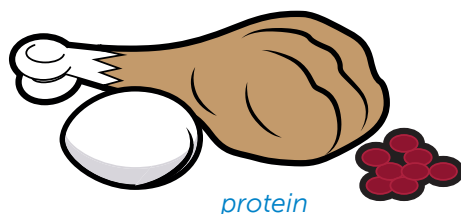
dairy



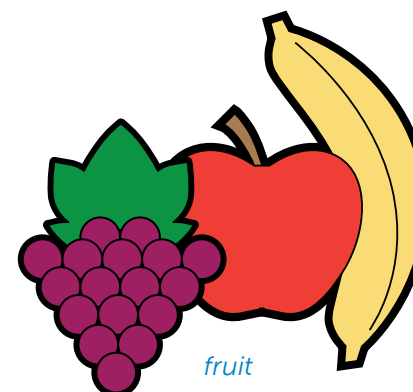
water



grains



protein



fruit

NUTRITION SKILLS



Youth Fit 4 Life

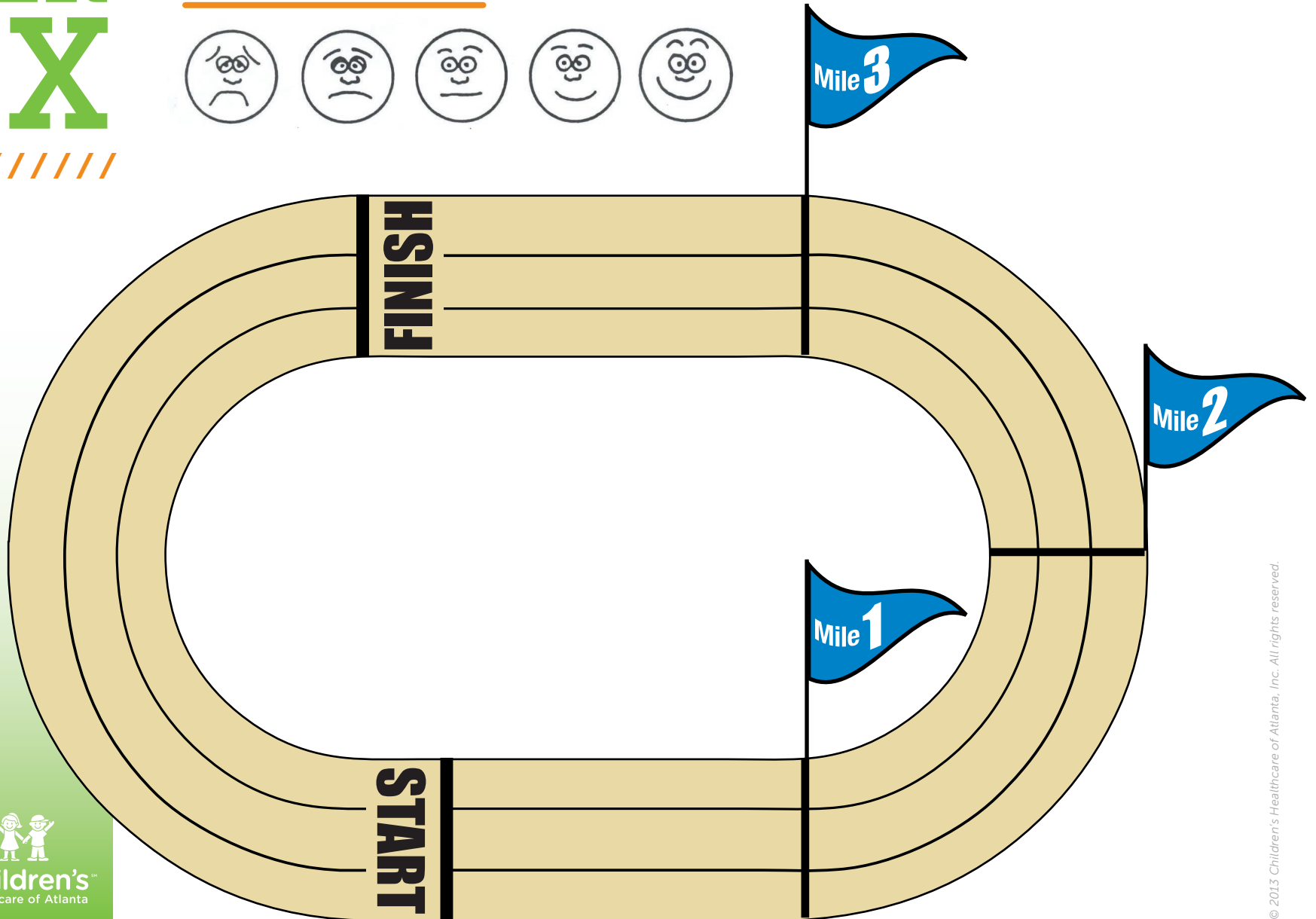


WEEK  
SIX



# WAY TO GO!

Goal Tracking



Metro Atlanta



Children's<sup>™</sup>  
Healthcare of Atlanta



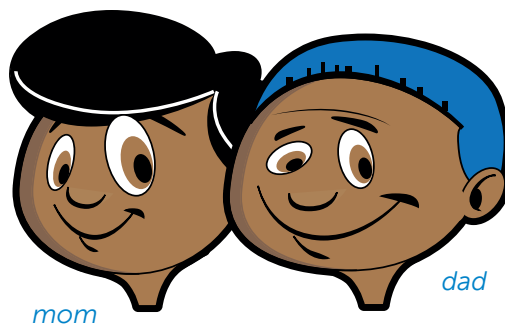
Youth Fit 4 Life



WEEK  
EIGHT

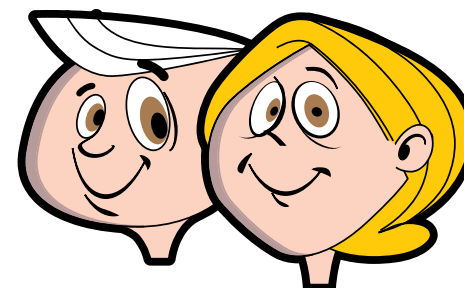


— MY —  
TEAM

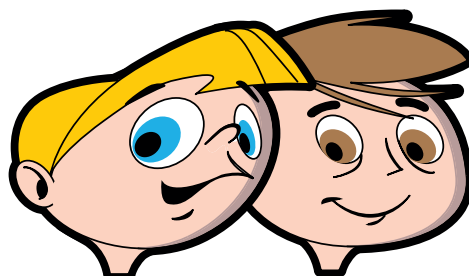


*mom*

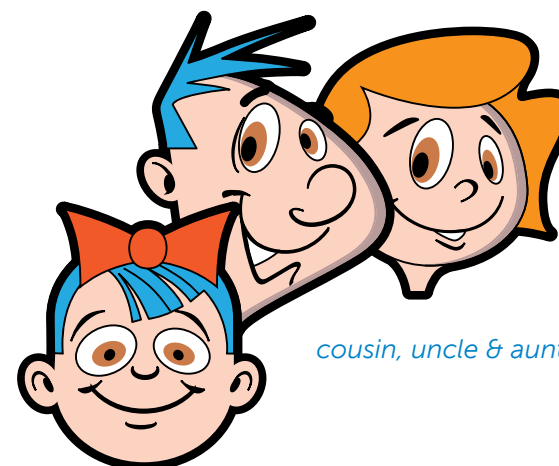
*dad*



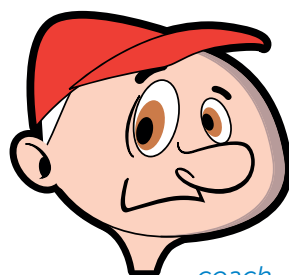
*grandparents*



*sisters & brothers*



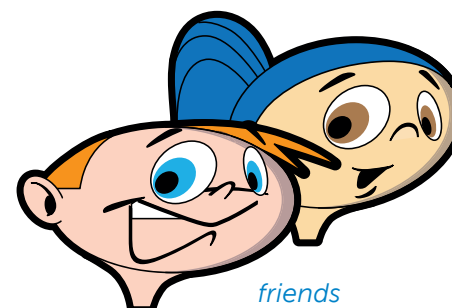
*cousin, uncle & aunt*



*coach*



*teacher*



*friends*



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Healthcare of Atlanta



Youth Fit 4 Life

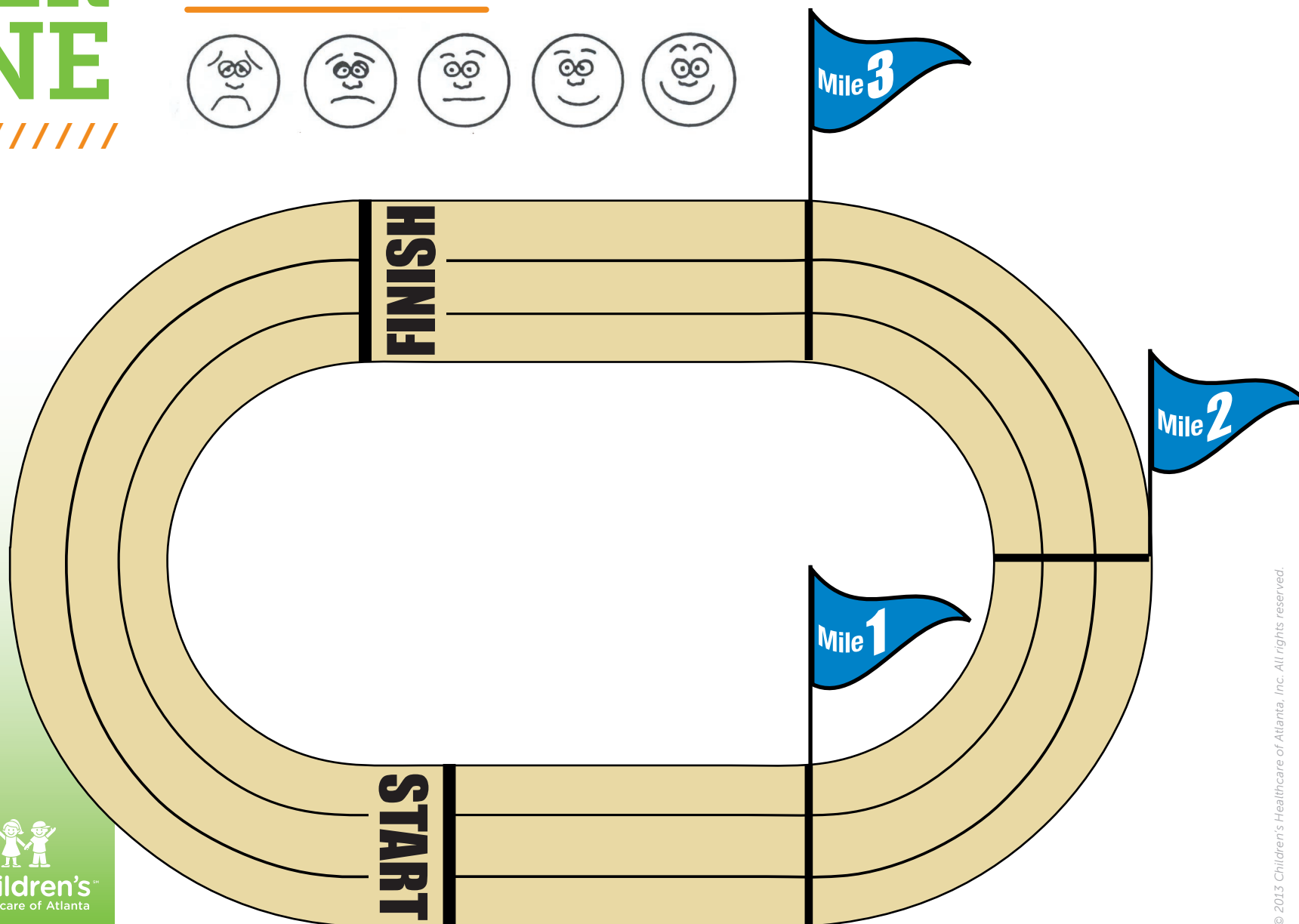
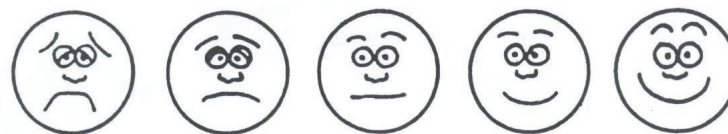


**WEEK  
NINE**



# WAY TO GO!

Goal Tracking



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Healthcare of Atlanta



Youth Fit 4 Life

# WEEK TEN

## SMALL EASY FUN

Short-Term  
Action Planning  
with My Team



Metro Atlanta



Children's  
Healthcare of Atlanta

# NUTRITION



running



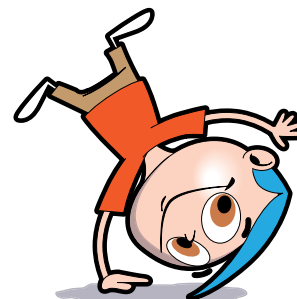
jumping  
rope



dancing



free play

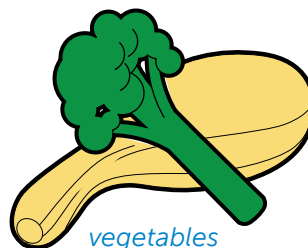


gymnastics

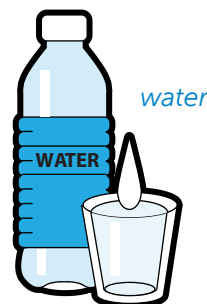


playing  
with a ball

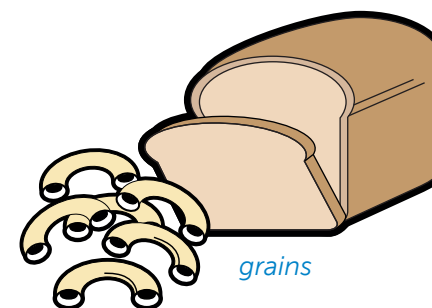
# MOVEMENT



vegetables



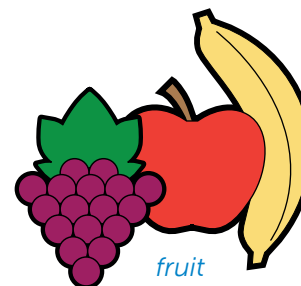
water



grains



dairy



fruit



protein



Youth Fit 4 Life

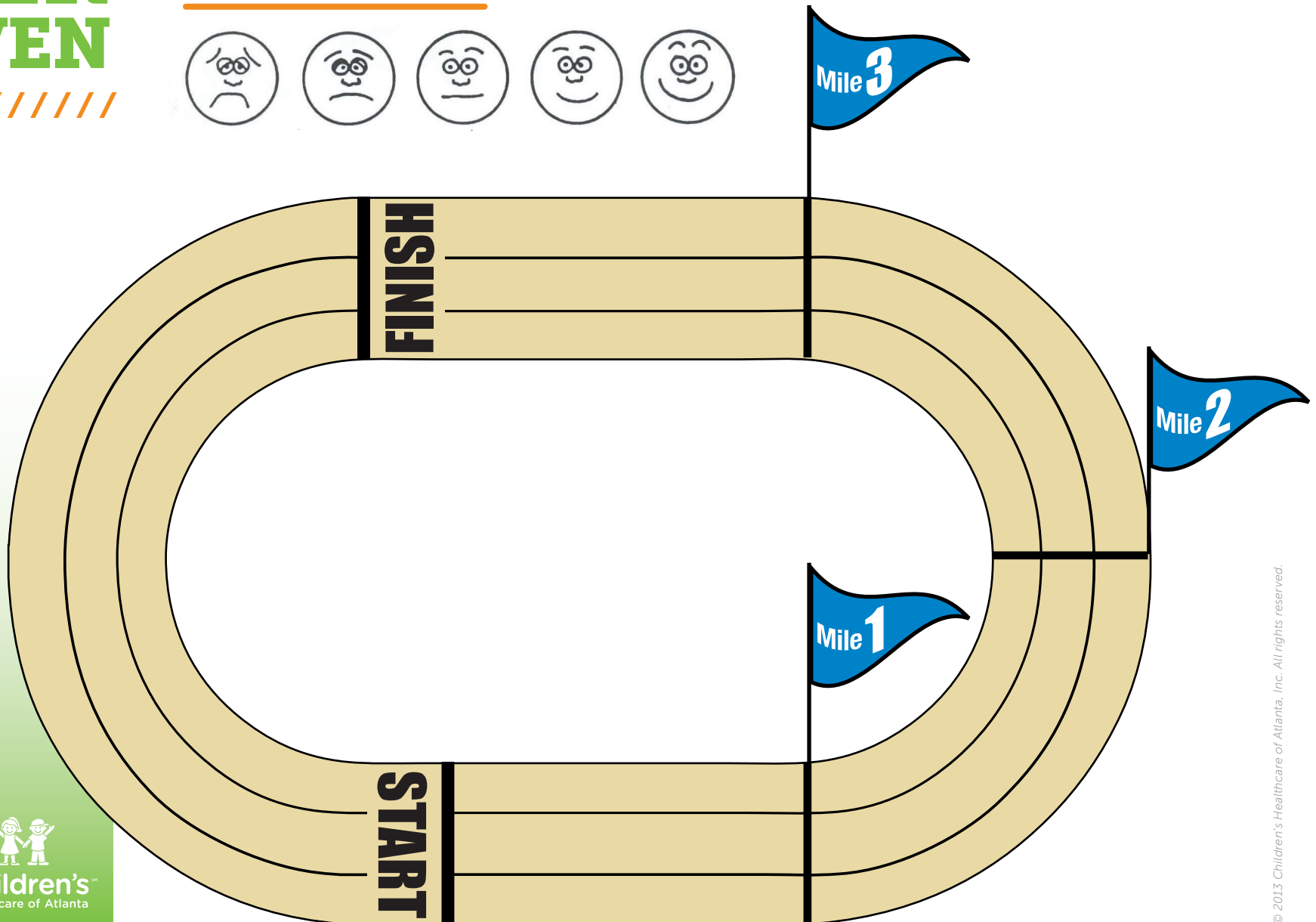


**WEEK  
ELEVEN**



# WAY TO GO!

Goal Tracking



Metro Atlanta



Children's<sup>™</sup>  
Healthcare of Atlanta



Youth Fit 4 Life

*You did it!*

ACHIEVEMENT CERTIFICATE

NAME

DATE

LEADER