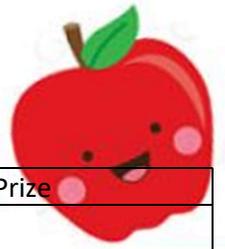
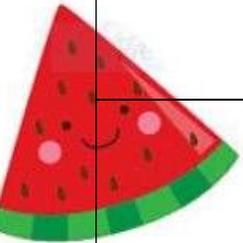


My Goal: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Prize
						 Way to go!	
						 Superstar!	
						 WOW!	
						 You're awesome!	
						 You did it!	

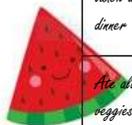
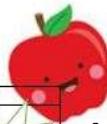


Your Healthy Habit Calendar:

1. Set you goal
2. Set weekly prizes for reaching your goal
3. Mark your progress!
4. Bring your chart to your next appointment and tell us how you did!



My Goal: Eat more vegetables



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Finished my veggies at dinner		Tried cauliflower			Had seconds of green beans	Way to go! Prize: pick a movie to watch as a family
	Tried a veggie burger	Got broccoli instead of French fries		Ate almost all my veggies at lunch and dinner		Superstar! Prize: \$5 prize at the store
Had veggies at lunch and dinner	Had carrots and ranch for snack	Picked carrots instead of tater tots	Had peas and carrots at lunch	Picked out veggies at the grocery store	Had veggies at lunch and dinner	WOW! Prize: Pick the movie
Ate all my veggies at Grandma's house	Brought carrots for snack	Ate a veggie burger and got peas	Picked green beans instead of fries	Tried spinach. Ate green beans	Went to a farmer's market and got new things to try	You're awesome! Prize: Got ice cream after soccer practice
Got roasted veggies instead of French fries	tried squash					You did it! Prize: \$10 prize at the store

Your Healthy Habit Calendar:

1. Set you goal
2. Set weekly prizes for reaching your goal
3. Mark your progress!
4. Bring your chart to your next appointment and tell us how you did!



Your Healthy Habits Calendar

1. Pick a healthy goal to start working towards all on your own or as a family such as:
 - ✓ Cutting down screen time
 - ✓ Cut out sugary drinks and candy
 - ✓ Eat more fruits and vegetables
 - ✓ Get all your servings of dairy
 - ✓ Exercise an hour a day
2. Come up with some simple rewards at the end of each of your successful weeks
3. Keep track of your progress
4. Bring your calendar to your next visit for a prize from your doctor!

It's ok if you miss a day or two. Just try your best to make more healthy habits!