



Healthy Habits



**Set a healthy lifestyle goal at the beginning of each week.
Place a star in chart below for each activity you complete. Then see if you've met your goal!**

Name _____ Star Goal _____ Week of _____

	Goal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EatSmart	I ate 3 healthy meals.							
	I made a healthy choice at a KidSmart Restaurant.							
	I didn't eat any junk food.							
	I ate 3 to 5 servings of veggies.							
	I had 2 to 4 servings of fruit.							
	I had 6 or more servings of grains.							
	I had 1 to 2 servings of protein.							
	I didn't drink any soda.							
	I drank at least 3 glasses of water.							
PlaySmart	I exercised for at least 30 minutes.							
	I tried a new physical activity.							
	I watched less than 1 hour of TV.							
	I spent less than 1 hour on the computer or playing video games.							
LiveSmart	I did my chores at home.							
	I brushed my teeth at least twice today.							
	Create your own goal:							

Parent's Signature _____

For a chance to win a prize, mail completed chart to: KidSmart, Novant Health Forsyth Medical Center, 3333 Silas Creek Parkway, Box 40, Winston-Salem NC, 27103