To reach and keep a healthy weight, build better habits together. The 8 habits prescribed below are the best place to start. Scientific studies show that these have the biggest impact on your weight, your health, and your outlook.

**ACTIVITY**

1. **MOVE MORE**
   - Everyone needs regular physical activity — regardless of their shape, size, health, or age. Physical activity gives you better energy, stronger muscles, and less stress.
   - Kids need at least 60 minutes of physical activity every day, and adults need at least 30 minutes — break it up into as little as 10 minutes at a time. You can get most of it from play time, walking or biking to school or work, or family activities.
   - Aim for strength-building exercises twice a week.

2. **LIMIT SCREEN TIME — AND SITTING TIME**
   - Research links screen time (Internet, TV, video games, notebook, etc.) to a wide range of negative health effects in children and teens — including obesity. That’s in part because screen time is usually spent sitting down instead of running around.
   - Make a rule of no more than 1 to 2 hours a day in front of a TV or other screen. (Children age 2 and under shouldn’t be watching at all.)

3. **ALWAYS EAT BREAKFAST — AND MAKE IT HEALTHY**
   - Eating a healthy breakfast can improve your memory, boost your creativity, raise your test scores — and help you reach and keep a healthy weight.
   - Aim for breakfasts that include these 3 things: whole grains, low-fat dairy or protein, and a fruit or vegetable. Try combos such as: (cereal + milk + banana) or (omelette with veggies + toast) or (orange + yogurt + bagel).

4. **EAT MORE FRUITS AND VEGETABLES**
   - Fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood. They’re important for a healthy body weight, too.
   - Every day, aim to get 1½ to 2 cups of fruit, and 2½ to 3 cups of vegetables. Go for bright reds and oranges, and dark greens.

5. **LIMIT — OR ELIMINATE — SWEETENED DRINKS**
   - Studies suggest that America’s weight problem is linked to America’s “drinking problem” — that is, to our increasing intake of sweetened drinks like sodas and sports drinks. Sweetened drinks are also linked to weak bones and tooth decay.
   - Aim for less than 12 ounces per week of soda, sports drinks, lemonade, and other sweetened drinks. Limit juice to less than 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

6. **EAT MEALS TOGETHER AS A FAMILY — SITTING DOWN**
   - Children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight.
   - Aim to eat dinner together most nights of the week. Sit down at the table, turn the screens off, and talk!

**SLEEP & SUPPORT**

7. **GET ENOUGH SLEEP**
   - Getting enough sleep will help you think better, play better, be happier, and manage your weight.
   - Preschoolers need about 11 hours (including naps), children need about 10 hours, teens need about 9 hours, and adults need about 7 hours — every single night.

8. **BE POSITIVE ABOUT FOOD AND BODY IMAGE**
   - If you, your friends, or your family obsess about food or body image, you’re more likely to have unhealthy behaviors and an unhealthy body weight.
   - Forget “forbidden foods” — all foods can fit in a balanced diet. Just try to eat more healthy foods and less junk food.
   - Watch what you say. Don’t criticize your own body — even as a joke. Don’t compare your own weight, size, or shape to anyone else’s. Being healthy means being positive.
### WEEK: ________

#### TRACK IT!

#### ACTIVITY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
<td>Minutes of TV, video games, and Internet</td>
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<td>#MINUTES</td>
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<tr>
<td>Minutes of activity: outside play, chores, family activities, walking to school, sports, and more...</td>
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<td># MINUTES</td>
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#### FOOD

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<tr>
<th>Category</th>
<th>Sun</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<td></td>
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<tr>
<td>Fruits</td>
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<td>Veggies</td>
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<td>EAT MORE!</td>
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<td>Sweetened drinks</td>
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<tr>
<td>Low-fat milk</td>
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<td></td>
<td>DRINK UP!</td>
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<tr>
<td>Water</td>
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<td></td>
<td>DRINK UP!</td>
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<tr>
<td>I ate dinner with my family on these days</td>
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#### SLEEP & SUPPORT

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<tbody>
<tr>
<td>Hours of sleep I got</td>
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#### CELEBRATE

**things I did well this week:**

#### NEW GOALS

**I will work on:**