

# My Busy Body Healthy Goals

Name: \_\_\_\_\_

This next week I will play actively \_\_\_\_\_ times. Mark here each time you do: \_\_\_\_\_

This next week I will eat \_\_\_\_\_ healthy snacks. Mark here each time you do: \_\_\_\_\_

This next week I will \_\_\_\_\_ instead of watching TV at least one time. Mark here when you do: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Student)

**Note to parents and guardians:** In the World of Wellness (WOW!) Health Education series, we are learning about how setting and meeting healthy goals can help a person learn how to live a healthier life. Please encourage your child to reach his or her goals. Have your child return this entire sheet with your signature by \_\_\_\_\_ (date) so we can celebrate his or her practice of the life skill of goal-setting.

Finally, I encourage you to help your child set and achieve goals in other areas as well. Write down reasonable goals and keep track of and reward progress.

My child has kept his or her promises and reached the goals stated above.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian)