

## ***Family Health Checklist:***

*10 ways to be healthy together*

- Plan for healthy meals once a day that you can eat together as a family.
- Ask your kids to help you make meal, so they can learn firsthand the importance of eating well.
- Weekend family hikes / walks / bike rides
- Research local farmers markets to go to as a family, which also helps to incorporate locally grown fruits and vegetables into your meals.
- Enjoy family game nights! Plot twist -- no phones allowed.
- Introduce short yoga or meditation sessions into your family's daily routines.
- Create a family gratitude list that can be added to after each day.
- Spend time reflecting on the day together, in a supportive and encouraging way.
- Try to get outside for at least 30 minutes every day.
- Set weekly family goals to work towards together

***“Happy, healthy parents  
make happy, healthy children,”***

*Dr. Miriam Stoppard*



*Progress*  
Behavior Change System

**Assess** - Evaluate current eating habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to healthy eating a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.