



Family Health Challenge: Eat Smarter

Eating Smarter Checklist:

- Had foods from all food groups in each of our meals this week
- Ate breakfast every day this week
- Tried a new fruit this week
- Tried a new vegetable this week
- Made a meatless meal at least once this week
- Cooked dinner at home at least five nights out of the week
- Ate at least two meals together as a family each day this week
- Substituted our cakes & sweets for fruits & yogurt as dessert at least once this week
- Scheduled time this week to plan out our healthy meals for next week
- Cooked a healthy meal together as a family at least once this week – all hands on deck!
- Ate at least 3 servings of fruit each day this week
- Ate at least 3 servings of vegetables each day this week
- Traded refined grains for whole grains in all meals this week
- Avoided sugary drinks this week
- Eliminated fast and processed foods in our diet this week
- Avoided snacks with added sugars this week
- Drank enough water each day this week
 - (Half your body weight in ounces)
- Prepared our healthy snacks for the week in advanced
- Made sure all televisions & electronic devices were turned off and away during each family meal together this week



You are here and you are committing to progress.

Assess - Evaluate current 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 make this 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.



TRANSFORM