



Family Health Challenge: Personal Guide Sheet

Hi family! Here is your very own personal guide sheet that you can fill out as you continue the Family Health Challenge. Each family member should fill out their own sheet, but feel free to help each other answer each of the questions.

Enjoy!

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

My assessment:

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

My purpose:

Prioritize - Narrow it down to one or two main health behaviors that you want to focus on changing.

My priority:

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

My mindset:

Game Plan - Determine what is required and what strategies would yield the greatest return/reward.

*Set a specific, measurable, attainable, realistic, and time-oriented goal.

My game plan:

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

My action steps:

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

My reflection:

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

Other improvement opportunities:

Lead - Lead by example and serve others. You can demonstrate to others what is possible and have a positive influence on them. *I will lead:*

MODULE 2: FAMILY HEALTH

- How would you rank your current overall health status? 1 being extremely poor and 10 being extremely good.

1 2 3 4 5 6 7 8 9 10

- What is one long term, SMART goal you wish to accomplish after completing this challenge?
- What is one short term goal you wish to accomplish this week or within the coming weeks?
- What is one thing you are looking forward to in this Family Health Challenge?
- What 3 core areas of health are you looking to transform the most?

MODULE 3: MOVE MORE

- How can you and your family move more throughout the day?
- How can you encourage your family members to get more physically active?
- Do you think you are currently meeting the WHO Physical Activity Recommendations for your age group?

MODULE 4: EAT SMARTER

- What does a healthy diet look like to you?
- How can you incorporate fruits, vegetables, and whole grains into your diet?
- What is one way you and your family can eat smarter together?

MODULE 5: MANAGE STRESS BETTER

- What types of things do you currently do to help you manage your stress better?
- How can stress have a negative impact on your health?
- Was there anything from this module that you will use in the future to help you better manage your stress?



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MODULE 6: SLEEP MORE SOUNDLY

- How many hours of sleep would you say you get on average each night?
- Are you feeling well rested in the mornings after a full night's sleep?
- How can you create a healthy sleep routine for you and your family?
- What is one way in which you can improve your personal sleep hygiene?

MODULE 7: CULTIVATE RELATIONSHIPS

- Why do you think maintaining healthy relationships with others is beneficial to your own personal health?
- How can you and your family strengthen your connections with one another?
- What is one way you can support a family member and strengthen your relationship with them?
- What are different ways in which you can expand your social connections?

MODULE 8: AVOID RISKY SUBSTANCES

- What substances are considered "risky substances"?
- How can these substances have a harmful long-term effect on your health?
- Why is it important to have a conversation about the negative effects of these substances with your family?
- How can you help create a support and safe environment to talk openly about this topic with your family members?

REFLECTION

- How do you think you and your family's health has changed / improved as you moved throughout the modules?