

# GROW HAPPY

## Goals Tracker

Almost everybody knows that being healthy starts with simple choices. But which choices? And how can you know you're on the right track?

This guide can help you and your family grow healthier.



The Knowledge Universe® Family of Brands

# Small Steps to Good Habits

Because good health depends on eating well, regular exercise and healthy habits, we built this super-simple, customizable goals tracker around three categories: **Food, Mind and Body.**

With this, you and your family can identify goals and track progress toward growing healthier.

Here's how it works.

First, write down a date range. This can be weekly, biweekly, monthly or whatever you want.

Next, with your family, pick as many goals as you would like from each of the three categories (Food, Mind, Body) and write them on the last page. Add your own if you want. Get ambitious or keep them

simple—remember, you're tracking progress, not adding stress—so pick goals that work for you and your family.

Every day, when you accomplish a Food, Mind or Body goal, draw a star in the appropriate circle.

For example, did your family take a 30-minute walk together? Great! Draw a star in the Body circle.

Did you snack on a banana instead of a cookie this afternoon? Way to go! Draw a star in the Food circle.

When you finish each date range, you can print another goals tracker from [www.growhappy.me](http://www.growhappy.me). Start fresh. Every day is a new day.

And have fun!



## Food

Food can be fuel or pleasure or medicine. It's true that people eat differently across the world (or across the table) from each other. But almost everyone can benefit from these goals. Which will you aim for? What can you add?

- ▶ Eat five fruits and vegetables per day.
- ▶ Drink eight 8-ounce glasses of water per day.
- ▶ Eat breakfast!
- ▶ Choose unprocessed whole food instead of processed food.
- ▶ Cook and eat dinner together.
- ▶ Try Meatless Monday. Eat vegetarian meals one day per week.
- ▶ Start a veggie or herb garden together.
- ▶ Choose low-fat or nonfat dairy.
- ▶ Drink water, 100% juice, or low-fat or nonfat milk instead of sugary drinks.
- ▶ Limit fried foods.



## Body

If it's true that we are what we eat, it's also true that we are what we do. Daily exercise, play and outdoor activities contribute toward health as much as healthy food. Try encouraging these healthy activities. What other activities can you do as a family?

- ▶ Take a 30-minute walk with your family.
- ▶ Ride a bike, swim, run outside in the park. Just get moving!
- ▶ Try a new sport or athletic activity.
- ▶ Put on music and have a family dance party.
- ▶ Turn off anything with a screen 30 minutes before bedtime.
- ▶ Limit screen time to an hour per day.
- ▶ Get at least eight hours of sleep each night.
- ▶ Take the stairs instead of using the elevator at work.
- ▶ Spend an hour outside each day.
- ▶ Get out of the office for a 15-minute walk each day.



## Mind

Exercising your mind is just as important as exercising your body, especially for growing children. These tips encourage creativity, quick thinking, better memory and new skills. Try these mind-oriented goals and add your own.

- ▶ Take a quick movement break for every hour of sitting to calm the mind (and get the wiggles out).
- ▶ Listen to music and try to memorize the lyrics.
- ▶ Draw, write, perform a song, or create something that never existed before.
- ▶ Read with your child.
- ▶ Study a new subject.
- ▶ Study or practice speaking a foreign language.
- ▶ Share a conversation at dinner.
- ▶ Learn a new skill.
- ▶ Do a puzzle together.
- ▶ Avoid screen time for children under two.

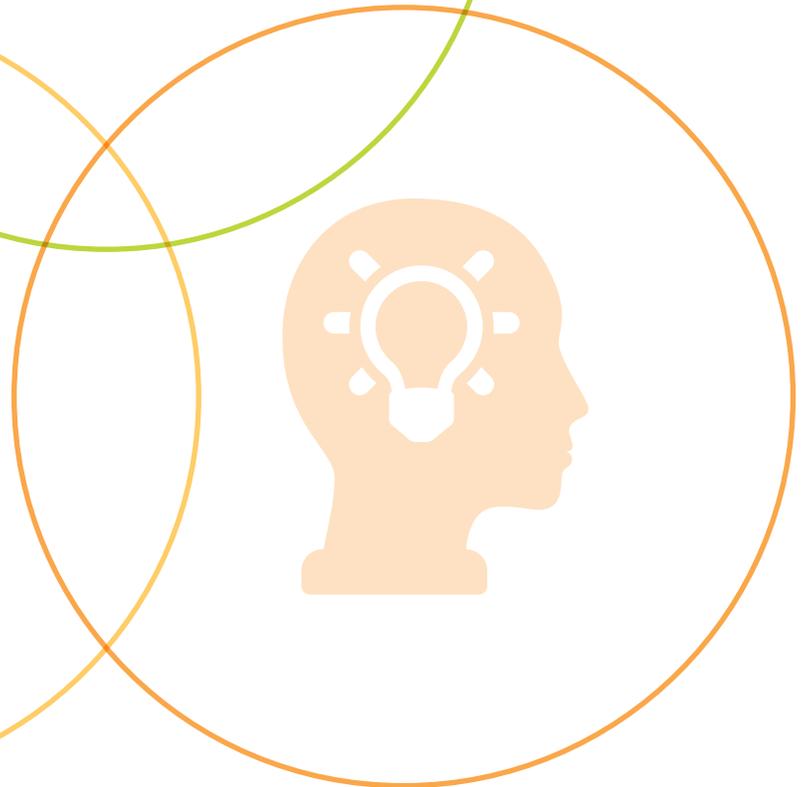
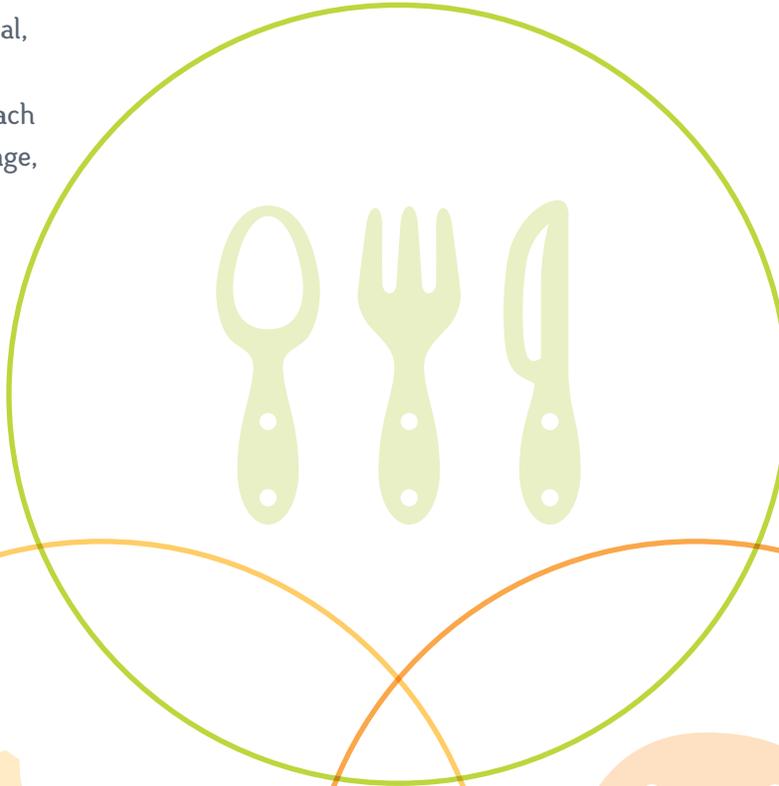


# Track Your Progress

When you achieve a goal, draw a star in the right category. When you reach the end of your date range, print a new chart from [www.growhappy.me](http://www.growhappy.me) and start fresh.

Name:

Dates:



Visit [www.growhappy.me](http://www.growhappy.me) for more tips, insights on raising a healthy child, recipes and encouragement. And keep growing happy with us.