



My goal chart

Use this fun sticker chart to achieve your goals!



My name:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reward!

My goal:

Place sticker here

○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○

Well done!

My goal:

○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○

Well done!

My goal:

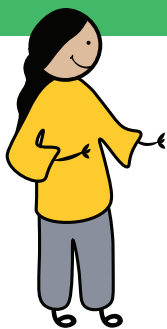
○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○

Well done!



Please turn over for information on how to use the chart and to find free stickers.

Using your child's goal chart



This goal chart will help you and your child create healthy goals and work towards achieving them.

To help your child achieve and maintain a healthy weight choose goals that focus on three important areas: eating, moving and sleeping. Here are some ideas to help you.

Eat



For a child to develop and grow they need to eat healthy foods.

A goal could be to:

- eat breakfast every day
- eat two servings of vegetables every day
- drink water or milk every day.

Move



Being active has many health benefits and can be fun for the whole family/whānau.

A goal could be to:

- play outside every day
- limit screen time to less than two hours a day.

Sleep

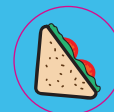


Sleep helps your child to restore their energy and is important for their growth and development.

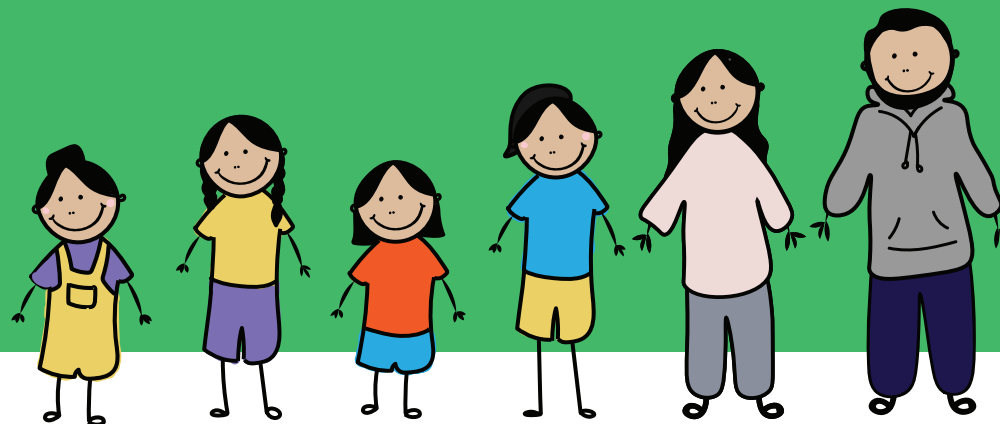
A goal could be to:

- go to bed at the same time each evening
- read a story before bed each night.

For great ideas on goals and tips go to: healthykids.org.nz



Helping parents set goals



This goal chart will help parents and their children create healthy goals and work towards achieving them.

If the family isn't familiar with using sticker charts, let them know to:

- talk with their child about what goals they would like to try
- encourage them to agree together how long they want to focus on each goal
- acknowledge their child's achievements with a sticker each day they succeed
- reward their child for achieving their goals.

It's important to talk to parents about how healthy eating, being active, and sleeping well all affect a child's health and well-being.

Use this chart to help parents and their children (aged under five years) choose one or more goals to work on.

Encourage parents to talk with their child and together set a goal for a behaviour they can accomplish every day. Include the whole family in making a healthy change. Encourage the family to think about how they'll achieve their goal.

Examples include:

- eat more fruit or vegetables
- eat whole grain bread instead of white
- play outside every day
- follow a bedtime routine each night – such as, bath or shower, brush teeth, story, bed, lights out.

For more ideas to help parents set goals and rewards, go to **healthykids.org.nz**

For information on how to talk to parents about their child's weight, go to

<http://nutritionandactivity.govt.nz/talking-about-childhood-obesity>

and check out the short videos.

