Choose one action you’ll take in the coming week.

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today’s recipes!
- My own idea:

Signed: ____________________________
Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

☐ Eat a vegetable at lunch!
☐ Make half my plates veggies/fruits
☐ Eat vegetables or fruits for snacks!
☐ Try a new vegetable!
☐ Play a game I learned today!
☐ Try a recipe we learned today!
☐ My own idea:

______________________________

Signed: ________________________
Choose one action you’ll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed:
Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

☐ Eat at least 1 whole grain food every day!

☐ Choose whole grain bread instead of white bread!

☐ Eat snacks like popcorn and whole grain crackers!

☐ Play a game I learned today!

☐ Try a recipe from today!

☐ My own idea:

________________________________________

Signed: 

________________________________________

Choose Health: Food, Fun, and Fitness
Take a Healthy Step!

Choose one action you’ll take in the coming week.

When I eat out, I will:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: