



The 1-2-3 Challenge

Make a change for your family's health! It's as easy as 1-2-3!

Healthy Starts Make Healthy Hearts offers you information and advice on how to make your kids fit and healthy. You and your child can decide the best way to use this information to improve the health of your family. Big changes start with small but important steps!! Here's what you can do:

1. Use this Challenge worksheet to write down specific ideas and actions you can take to improve your family's health.
2. Pick 3 from the list that you will put into action. To stay on track, keep the sheet on your refrigerator and check it regularly to remind yourself of your ideas.
3. Write down three steps you and your family can take.

Examples of changes you can work on: replace soda with water

- go for a daily walk together
- try low-fat recipes
- have a family sports night once a week
- turn off the T.V. more
- for every minute of T.V. have kids do the same amount of physical activity
- increase fruits and vegetables

The _____ Family accepts the 1-2-3 Challenge and we will choose three action steps to begin our journey toward a healthier lifestyle.

Our first three action steps:

1. _____
2. _____
3. _____

If you feel really motivated please feel free to set more goals as you progress.

4. _____
5. _____
6. _____
7. _____