**Healthy Homes, Healthy Futures**

*HEALTHY LIVING GOALS WORKSHEET*

Thank you so much for letting us into your home today. Next time we come, we are going to ask you to set some goals around healthy living. We made this worksheet to help you think about what would be best for your family. We based it on the “5-3-2-1-Almost None” healthy living model that we talked about during today’s visit.

 Is my family eating at least 5 servings of fruits and vegetables per day?

5

 If not, how many is my family eating?

Is my family willing to try to increase the number?

Are there any fruits or vegetables that my family doesn’t eat now but are willing to try?

 Does my family eat 3 structured meals a day?

3

If not 3, would my family be able to make it 3?

How often does my family eat carry out?

Can my family cook more at home?

 How much time does my family spend in front of the TV/Computer/ Video game?

2

Is it more than 2 hours per day?

 Can my family think of any way to make that less?

What else could my family do instead?

 How much exercise does my family get?

1

Is it at least 1 hour per day?

Are there any activities my family wanted to try?

Where are places my family could go to get exercise?

 How many cups of Juice/Soda/Kool-Aid does my family have every day?

Almost None

Is my family willing to reduce the amount?

Is there anything that my family would be willing to drink in place of sweetened drinks?