

Let's Move – America's Move to Raise a Healthier Generation of Kids

Let's Move! Action Chart

Let's Make Progress: Create Your Personal or Family Action Chart

Let's Move to live a little healthier. Take these simple steps to set goals and follow your progress.

1. Make Goals.

Start by choosing one or two goals for you and your family. Try to be specific about actions you can really do. Make room for some flexibility.

Examples:

1. Include fruit for breakfast 5 days per week (Not: Eat more fruit).
2. Take a 20 minute walk with the kids 3 evenings per week (Not: Exercise more).
3. Go to bed by 10pm on week-nights (Not: Get more sleep).

2. Outline steps or activities to achieve your goals.

Examples:

1. Decide which fruits your family will like. Buy enough fruit for the family breakfasts for the week.
2. Check out your walking routes; there may be one you like or new ones you would like to try.
3. Plan your bedtime routine to be more consistent.

3. Keep track of your progress.

Use the chart provided or one of your own. Place it on the refrigerator, in the bathroom, or on a bedside table where you can check it frequently.

4. Reward your success.

Lots of things can be great incentives, but food should not be one of them. Treat yourself to a new book or music, time for a special activity with family or alone. Make a reward something you will work for and truly appreciate.

5. Tell your friends.

When you share your progress, you motivate others, learn from their ideas, and celebrate your progress.

