

Setting Goals Together

Setting health goals helps your family stay focused and motivated to improve your well-being.

Keep this in mind:

Make realistic goals for your family

If you are in the middle of baseball season, maybe more meals at home is not the place to start. Focus on what will work for your family right now.

Start small

What small change could your family make to work toward your goal? No change is too small.

Practice and Patience

Making changes takes time and a lot of patience. Get right back on track next week if this week did not go as planned.

Celebrate successes

Encourage each other when you make even the smallest step forward. You are in this together, and motivating each other is the key to making changes as a family.



Examples of Family Goals:

- Eat dinner together at the table twice a week.
- Follow our family eating schedule.
- Eat dinner together without the distraction of screens.
- Focus on my family at mealtime and not what my child is or isn't eating.

Brenner FIT Healthy Habit Goals

Below are some examples of habits that could be worked on as goals for your family.

Feeding and Activity Goals

When

I offer 3 meals a day at set times.

I offer 1 to 2 snacks at set times.

We only eat at meals and snacks.

I offer activity for my children most days of the week.

Where

We eat meals together.

We eat at a table for meals.

We eat at a table for snacks.

We eat meals and snacks without electronics.

We cook most meals at home.

I provide a place for my children to be active.

What

I provide one meal that everyone can eat.

We plan ahead for meals.

We plan ahead for snacks.

We only drink water and low sugar beverages between meals.

I offer options for my children to be active.

We spend time together as family.



Feeding and Activity Goals

How Much/Whether

I trust my children to eat the amount they need.

I allow my children to experiment and find activities that are right for them.

I trust my children to do as much activity as they want.

I do not pressure my children to eat more.

I do not pressure my children to eat less.

Sleep Goals

My child gets enough sleep.

My child has a regular routine at bedtime.