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.

Sample Action Chart

Creating an action chart that lists your goals, the days of the week – Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday – and a column that lets you track whether the goal was met and who you shared your progress with is a great way to see your progress.

My Goals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal Met (Yes/ No)	Who Did You Tell?
Walk 20 minutes 3 times per week with the kids	Plan walking route	Walk with kids after dinner		Walk with kids after dinner			Walk with kids after dinner	Yes	Posted success as Facebook Status
Eat fruit for breakfast 5 times per week	Bought 5 servings of fruit per day per person	Bananas	Grapes		Canned peaches	Strawberries	Made shopping list	No – ran out of fruit. Buy more!	

Use the following Let's Move Action Chart to document your progress or create your own way to chart your goals.

My	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal Met	Who Did
Goals								(Yes/No)	You Tell?