

# parent tips

## Eat Healthy, Move More Chart

Trying something new can be hard. This chart will help you track your Eat Healthy, Move More tip each week.



### How to use the Eat Healthy, Move More Chart

- Each week, fill in the date.
- Fill in the tip you want to try for the week.
- At the end of the week, write down how you did with the tip.
- Put this chart on the refrigerator so your family can see what you're doing to eat healthy and move more.
- Print more Eat Healthy, Move More charts on the **We Can!** Web site at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tracking-sheet.pdf>.

### Example Chart

Date	Eat Healthy Tip	Move More Tip	My Successes
Week of June 13	Order salad instead of fries. Get dressing on the side.		Ordered salad.
Week of June 20		Take a family walk after dinner.	Walked to the park on Tuesday and Friday.
Week of June 27	Drink water, fat-free or low-fat milk instead of regular soda or other sweetened drinks.		Instead of buying whole milk, I bought my family fat-free milk.

# We Can! Eat Healthy, Move More Chart

Date	Eat Healthy Tip	Move More Tip	My Successes

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We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

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