

# Your Family's Reward Chart

Making healthy changes is **great fun when everyone joins in**. **Small changes** to your children's diet and physical activity **can make big differences to their future health**. Setting family goals is a great way to stay motivated and to track progress.

**Getting started...**  
Agree goals with all the family and decide what the reward will be together. Here are some ideas for you and your family...

- Food goals**
- ★ Try a **new piece of fruit** everyday
  - ★ Eat **vegetables everyday**
  - ★ Swap sugary drinks for **water or milk**
  - ★ Eat all meals **at the kitchen table**
- Activity goals**
- ★ Go for **30 min walk a day**
  - ★ **Skipping or running** on the spot for 10 minutes a day
  - ★ Watch **one less hour of TV** a day
  - ★ Try **singing and dancing** for 15 minutes a day

To download more reward charts and stickers and find more handy tips and great ideas visit **www.safe food.eu**

Don't forget to share your best food and activity goals with friends and family.



Place a sticker for each day the goal is achieved.

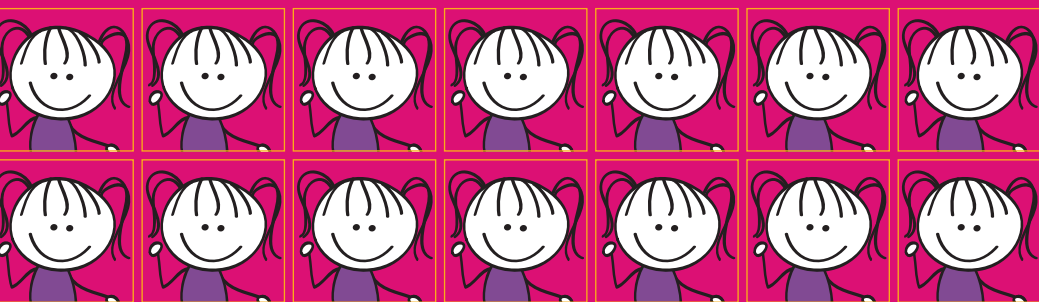
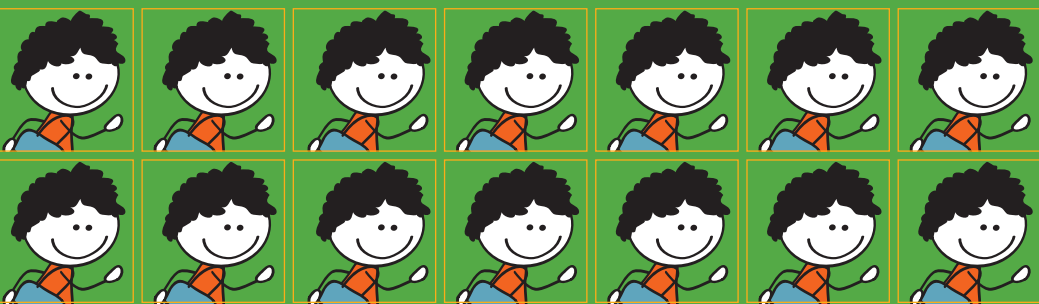
# Our Family Reward Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							
My name is							
My food goal is							
My activity goal is							

Agree goals with all the family and decide what the reward will be together. Place a sticker for each day that the goal is achieved.



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be **safe** be **healthy** be **well**



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