Building Healthy F	amilies:
Step by Step Parenting Tips Nutrition	Goal Setting

Goal Sheet: Smart Start Breakfasts and Healthy Snacks







Remember!

Eating breakfast and healthy snacks provides energy for adults and children.

GOALS:

- 1.Get a great start to your day with breakfast.
- 2. Choose healthy snacks.
- 3. Choose water instead of sweetened drinks like soda.

How did you do? Check if you met your goals for the day!

Tion ala you	do. Oncorri you	a mot your gould for	ano day.
	Served breakfast Yes/No	Chose and served a healthy snack Yes/No	Served water instead of sweet drinks Yes/No
		1 03/140	
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Family solutions for meeting goals:					