



My goal is to drink less than sugary drinks this week.

Choose water or plain milk.

Aim for zero sugary drinks.

Mon Tues Wed Thurs Fri Sat Sun

My goal for next week is:



For more information: www.toiteora.govt.nz





Goal Tracker

Name: _____

Date: _____

Goal tracker for rangatahi / young adults





My goal is to eat vegetables and fruit each day



My goal is to have less than hours of screen time each day



My goal is to be physically active for minutes each day

How many servings of vegetables and fruit did you eat today?

One serving is equal to:

- 1/2 cup of vegetables or salad
- 1 medium potato, or kumara
- 1 medium apple, banana, or orange

Mon Tues Wed Thurs Fri Sat Sun

My goal for next week is:

How many hours of recreational screen time did you have today?

This includes watching TV or movies, being on your phone or computer, and gaming.

Mon Tues Wed Thurs Fri Sat Sun

My goal for next week is:

How many minutes/hours were you physically active today?

This includes walking to school, biking, and playing sports.

Mon Tues Wed Thurs Fri Sat Sun

My goal for next week is:
