

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

Choose water or plain milk.

Aim for zero sugary drinks.



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

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



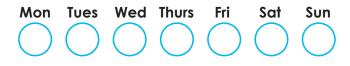
My goal for next week is:



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

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.



My goal for next week is:



My goal is to be physically active for minutes each day

How many minutes/hours were you physically active today?

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



My goal for next week is: