



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

This week one of the times I drank water was:

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For more information: [www.toiteora.govt.nz](http://www.toiteora.govt.nz)



## My Goal Tracker

My Name: \_\_\_\_\_

Date: \_\_\_\_\_

Goal tracker for tamariki / children





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

Mon Tues Wed Thurs Fri Sat Sun

This week my favourite vegetable or fruit was:

\_\_\_\_\_

Next week I will try:

\_\_\_\_\_



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

How many hours of screen time did you have today?

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

Mon Tues Wed Thurs Fri Sat Sun

This week something I did instead of screen time was: \_\_\_\_\_

Something else I can do 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.

Mon Tues Wed Thurs Fri Sat Sun

This week my favourite physical activity was:

\_\_\_\_\_

Next week the new physical activity I will try is: \_\_\_\_\_