

GOAL SETTING

Have you sized up your diet yet using the *Personal Pyramid*, Pocket Tally, or Nutritional Abacus? Have you completed the Weekly Activity Check-off? If so, you may have noticed a few changes you could make to improve your health habits.

Whenever you want to make a change, the first thing you need to do is to set a goal. The best kind of goals are the ones that you can meet! If you set goals that are too hard, you may end up giving up on making changes. One way to set goals that you can meet is to use the S.N.A.C.K. system:

S = Small

Is this goal small enough so that I can meet it in a short period of time?

N = Need

Is this a change that I need to make for better health?

A = Achievable

Can I achieve this goal? Will I need the help of others to meet this goal? Is it a goal that I can really accomplish?

C = Can I Count it?

Is this goal written in a way that I can count and measure my progress?

K = Know-How

Do I know enough to set this health goal? Where would I find more information on this topic?

A great way to check your progress in meeting goals is to use the goal-setting calendar.

Q. Can you think of other ways to check your progress at meeting goals? (Some ideas are listed at the bottom of the page.)

A. Some ideas: bar, line or pie graph; write a description of how you met your goal; draw a picture of how you met your goal.

GOAL-SETTING CALENDAR

**REMEMBER TO SET S.N.A.C.K. GOALS:
SMALL, NEEDED, ACHIEVABLE, CAN I COUNT IT?, KNOW-HOW**

Name _____	SUN	MON	TUE	WED	THU	FRI	SAT	MY PROGRESS:
Week 1 Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____
Week 2 Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____
Week 3 Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____
Week 4 Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____

GOAL-SETTING CALENDAR

REMEMBER TO SET S.N.A.C.K. GOALS:
SMALL, NEEDED, ACHIEVABLE, CAN I COUNT IT?, KNOW-HOW

Name <u>Hugh</u>	SUN	MON	TUE	WED	THU	FRI	SAT	MY PROGRESS:
Week 1 Dates <u>4/5-4/11</u> My Goal This Week: <u>Try at least 2 new vegetables</u>	X		X			X		<input checked="" type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: <hr/> <hr/>
	Tried jicama - YUM!		Mom put pea pods in stir-fry			At school we had baby corn on our salad. It was okay.		
Week 2 Dates <u>4/12-4/17</u> My Goal This Week: <u>Ride my Bike to my friends house at least twice</u>		X	X			X		<input checked="" type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: <hr/> <hr/>
		Rode Bike to Susan's	Rode Bike to Matt's (big hill!)			Rode Bike to Matt's again!		
Week 3 Dates <u>4/19-4/25</u> My Goal This Week: <u>Eat Breakfast every day this week!</u>	X	X	X	X	X	X	X	<input checked="" type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: <hr/> <hr/>
		Band Practice - I got up earlier		Slept in but ate breakfast at school		Band Practice - breakfast at school		
Week 4 Dates <u>4/26-5/2</u> My Goal This Week: <u>Cut down soda pop I will only drink 3 cans instead of 7</u>		X			X			<input type="checkbox"/> I Met My Goal! <input checked="" type="checkbox"/> I Still Need to Work on This: <u>I need to remember to drink water instead</u>
	I can at Grandma's	NO SODA!	I can	I can at Roger's house	No Soda!	I can (movies)	I can	



Time Capsule

Hi, there! Ever think about what you're going to do after school? Ever think about what you're going to be doing next weekend? How 'bout next week or next month? Do you ever wonder what you'll be like next year at this time? Here's a unique little way to both look into the future and check out the past.

1. Get everyone in your household together to make a time capsule. If you like, invite other relatives, friends and neighbors to join you.
2. Find a large shoebox, coffee can or other container.
3. Decide together what to put in the capsule. Think about things that will be interesting and fun to look at in a few months or a year.
 - the front page of today's newspaper or a list of the big news events you've been hearing about
 - a list of the most recent movies you've seen or your favorite television shows
 - magazine pictures of everybody's favorite stars or favorite foods
 - a list of everybody's best friends
 - a videotape, photographs or drawings that show how each person in your group looks today
 - a cassette tape of each person telling a joke, reading a favorite poem, singing, playing an instrument or just recording a special message
 - a story about what each person expects to be doing by the time you open the capsule

Time Capsule - continued

4. Have your group check two or three goals they want to work on over the next year and discuss how you are going to help one another achieve those goals.
 - Eat breakfast regularly.
 - Choose low fat foods most of the time.
 - Drink low fat or skim milk instead of whole milk.
 - Eat at least 6 servings every day from the Bread and Cereal group.
 - Eat at least 3 vegetables a day.
 - Take a long walk at least once a week.
 - Play an active game or sport like soccer or bike riding at least once a week.
 - _____
5. List everyone who helped you make the time capsule.

6. List a sample menu of your favorite meal.

7. Put the lid on your time capsule and seal it. Write on the capsule what it is and when you will open it.
8. Choose a safe place to put the time capsule where it won't be disturbed. Write on a calendar where the capsule is and when you plan to open it.
9. When the big day comes, gather your group together to open the time capsule and have fun with your memories. If you like, make a new capsule or save this one to look at again in the future.
10. List today's date and when you plan to open the time capsule.

Today's date

Opening date

Being a ROLE MODEL for FITNESS

The Lewis and Clark Fitness Challenge is an exciting way to help improve the fitness of Montana's youth. You can support the participants – by modeling healthy eating and an active lifestyle. Here are six ways to become a positive role model for a fit future.

1. Walk the healthy talk.

Children develop values and attitudes by observing the adults around them. Kids tend to imitate the behaviors of their parents, relatives, teachers, and coaches. The best way to get kids into healthy eating and physical activity is to eat well and be active yourself.

2. Do what you enjoy; enjoy what you do.

Negative views of “diet and exercise” prevent people from enjoying healthy lifestyles. As a role model for good health, you can show children the delicious, joyful side of health. Kids need to know that healthy foods taste great and that physical activity is way fun.

3. Share the benefits in kid-friendly terms.

It's important to talk to kids about nutrition and physical activity. The secret is to do it from a kid's perspective. Kids want to know how food and fitness can help them do well in school and sports. They want to know how to look good and feel better.

4. Be consistent and persistent.

Anyone who works with children knows that you have to repeat the same message over and over again. They respond best when they are repeatedly given the same guidelines or instructions from all the adults in their lives – at home, at school, and on the playing field.

5. Practice patience.

Nobody changes his or her behavior overnight. It takes a while, actually about three weeks, to firmly establish a new habit. It's important to be patient with yourself, and with the kids around you, when you are trying to eat more healthfully and to be more active.

6. Remember the power of positive reinforcement.

Reinforcing positive behaviors is one of the important responsibilities of a healthy role model. Children and adults both need acknowledgements and rewards for making changes – even small changes – in their eating habits and activity patterns.