



My goal chart

Use this fun
chart to achieve
your goals!



My name:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reward!

My goal:



Well
done!

My goal:



Well
done!

My goal:



Well
done!

Please turn over for
information on how
to use the chart.

Helping Kiwi families create healthy lifestyles
healthykids.org.nz

 healthykids

Te Whatu Ora
Health New Zealand

Using your child's goal chart



This goal chart will help you and your child create healthy goals and work towards achieving them.

To help your child achieve and maintain a healthy weight choose goals that focus on three important areas: eating, moving and sleeping. Here are some ideas to help you.



Eat

For a child to develop and grow they need to eat healthy foods.

A goal could be to:

- eat breakfast every day
- eat two different kinds of fruit every day
- drink water or milk every day.



Move

Being active has many health benefits and can be fun for the whole family/whānau.

A goal could be to:

- play outside every day
- limit screen time to less than one hour a day.



Sleep

Sleep helps your child to restore their energy and is important for their growth and development.

A goal could be to:

- go to bed at the same time each evening
- read a story before bed each night.

Add a sticker or tick to the goal chart each time your child achieves their goal.

For great ideas on goals and tips go to: healthykids.org.nz

