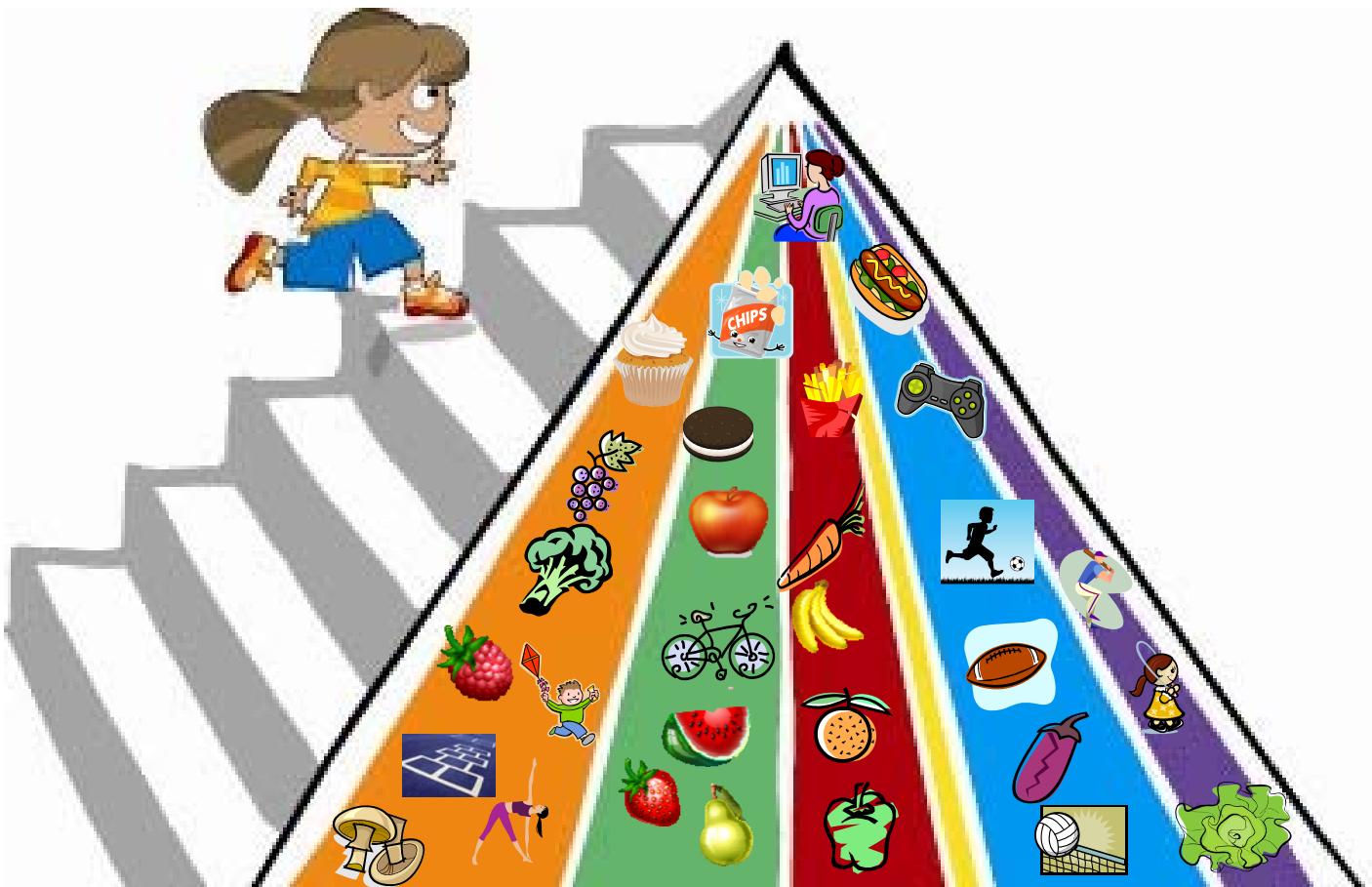


PLAN A HEALTHY SCHOOL YEAR!

Eat Healthy. Be Active. Have Fun!



DIRECTIONS:
CIRCLE THE FOODS AND ACTIVITIES THAT YOU WILL EAT
AND DO MORE OF THROUGHOUT YOUR SCHOOL YEAR!!!



For More Information Please Contact:

Children's Power Play! Campaign

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When we want to make a positive change in our lives, it helps to set goals. You can set goals to Eat Healthy, Be Active and Have Fun!



A good goal is a **SMART** goal.

Specific: The goal should include a specific action that will take place.

Measurable: You should be able to measure your goal.

Achievable: The goal should be something within your reach.

Realistic: The goal should be something you are able to do.

Timely: You should set a deadline for your goal.

*Using the **SMART** method write a paragraph describing your goal to stay healthy this school year. What is the goal? What date will you achieve it by? How will you measure it and how do plan to achieve it?*



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