

I am working on the habit: _____

I want to (my goal is):

by _____
Date

To help me reach my goal, I will do these things (write, draw or glue pictures in the arrow showing what you will do).

Post your goal in a place you will see it often. Look at it every day. After two weeks, think about what you did, what you accomplished, what worked and what didn't work. You can write about your thoughts on the back of this paper.



Instructions for the teacher

Print a copy of the handout for every kid before each of the introductory lessons: IAA1, AER1 and ICDI1. Handout the printouts and explain to the kids that for us to make positive changes in our lives, we need to build healthy habits. Explain that a habit is something we do repeatedly without necessarily being aware of it. LifeStars work on building the following core healthy habits:

1. Half of my plate, at every meal, is fruits and vegetables.
2. I eat a healthy breakfast every day.
3. I drink 1 glass of milk with meals and water in between meals.
4. I drink water before, during and after physical activity.
5. I choose healthy snacks that include at least 1-2 of the recommended food groups
6. I limit my sugary drinks to one per week as a treat.
7. I am active at least one hour throughout the day.
8. I work hard at being stronger, faster and healthier.
9. I limit my entertainment screen time (TV, videogames, movies) to two hours or less/day.
10. I have set a goal to make at least one positive change in how I eat.
11. I have set a goal and detailed ways for me to be more active.

Ask each kid to pick one of the habits for every part of the program (during the corresponding introductory lesson), one for *I Eat Right*, one for *I Am Active*, and one for *I Can Do It*. Then ask each kid to set up a goal for the next and to give it a time when it will be accomplished.

Ask the kids to write, draw or glue pictures in the arrow showing what each one will do to help with their goal, for example: walk during recess until I can walk longer and faster, practice shooting hoops until I get the ball in most of the time, eat one more veggie every day, drink only one sugary drink per week as a treat, set up a goal to be more active, etc.

Celebrate or give an incentive when the goals are met, ensure that food incentives are healthy. Encourage the kids to share with their parents and place their goals on the refrigerator. Repeat this activity in as many lessons as possible, encourage and inspire the kids to build healthy habits in their lives.

