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References

Lee, Elizabeth MD, Brown, Nancy PhD (2014). PAMF WAY2GO! Report Content. Used with permission.

Resources

Why Eat Smart? <http://www.pamf.org/teen/health/nutrition/nutrition.html>

Keeping Healthy Chart

The _____ Family is trying to (check off goals below) and this is our progress for the week of _____ (date) to _____ (date)

- Eat five servings of fruits and vegetables a day
- Not drinking soda or sugary drinks
- Get 60 minutes of physical activity a day
- Watch less than two hours of TV a day
- Drink six glasses of water
- Get at least 8 hours of sleep a night (more for preteens)
- Wear a helmet (All the time when riding a bike, skateboarding, or skating)
- Use sunscreen
- Other: Please specify: _____
- Other: Please specify: _____

Use the chart on the next page to track progress.

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Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eat five servings of fruits and vegetables a day							
Not drinking soda or sugary drinks							
Get 60 minutes of physical activity a day							
Watch less than two hours of TV a day							
Drink six glasses of water a day							
Get at least 8 hours of sleep a night (more for preteens)							
Wear a helmet (All the time when biking, skateboarding, or skating)							
Use sunscreen							