

Name: _____ Date: _____

JIFF Eating and Physical Activity Goal Sheet



Right now I . . .

Eating example: I eat two or three servings of fruit every day.

Physical activity example: I walk up and down the stairs twice a day.

My current eating and physical activity habits:

- _____
- _____
- _____
- _____
- _____
- _____

In the future I want to . . .

When:	Eating Goals:	Physical Activity Goals:
Today:	<ul style="list-style-type: none"> • _____ • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____ • _____
Tomorrow:	<ul style="list-style-type: none"> • _____ • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____ • _____
This week:	<ul style="list-style-type: none"> • _____ • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____ • _____
This month:	<ul style="list-style-type: none"> • _____ • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____ • _____

