

KIDS Healthy Newsletter

So it's the New Year...do you have New Year's Resolutions that you are working on?

Every year, millions of Americans set resolutions for things they desire to do better at in the New Year. These can range from financial, relationships, spiritual, nutritional, physical activity, ect. Our intentions are GREAT yet sometimes we expect ourselves to change all these things at once. We are ultimately setting ourselves up for failure.

Don't set unrealistic New Year's resolutions. Try starting small with One Simple Change towards a healthy lifestyle. Involve your entire family in this "Challenge". Below is a great tool to track your progress. And who doesn't like a tracker chart?!

One Simple Change Tracking Chart

For the next 4 weeks, I am going to: _____ everyday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Each month, when you begin a new sheet, add a NEW Simple Change! Think about what things you and your family can change...everyone can have a different one. Have fun with it!! Here are few examples of some changes you and your family might like to do.

- Eat more veggies
- Get 8 hours of sleep every night
- Cook more meals at home
- Eat a salad every day
- Save \$1 a day
- Eat less packaged foods
- Do a devotional every morning
- Take the dog for a walk every day
- Eat less after dinner
- Eat an apple a day