

HEALTHY HABITS CHALLENGE FOR FAMILIES

As a family, sometimes it is hard to motivate kids to want to be more active or eat better. This challenge can help you do it together as a family in a fun way!

Print one chart per person for each week you will do the challenge. I recommend at least 4 weeks. In our family, we are doing an 8-week challenge.

Goals of the challenge:

1. Drink 8 cups of water each day.
2. Eat at least 2 servings of fruit each day.
3. Eat at least 3 servings of vegetables each day.
4. Eat no sugar, except one allowed day a week for a treat.
5. Exercise 5 times per week.
6. Keep a Food Diary.

Each day, check off the boxes or add stickers to the ones you completed for the day. At the end of each week, each family member tallies up their totals. You can give a point for each box or multiple points such as 2 points for 2 fruits and 3 points for three vegetables.

The winner of the weekly challenge gets to choose a family activity to do together that week, such as a board game, museum or a favorite restaurant to visit. Since there will only be treats once a week, my kids also added in that they get to choose the dessert they make that week! We do dessert night on Sundays.

The winner of the 8-week challenge gets to plan a larger family activity, such as planning a party, or weekend trip. The rewards are entirely up to you, but keeping them exciting for your kids, will motivate them to want to win!!









Created by Teach Beside Me ©2021
All rights reserved. For personal or educational use only.
Not to be re-sold, hosted online elsewhere or shared without permission.

Clipart credit: PrettyGrafik designs,



HEALTHY HABITS CHALLENGE

NAME: _____

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 cups water 							
2 Fruits 							
3 Veggies 							
No Sugar 							
Exercise 							
Food Diary 							

MY FOOD DIARY

MONDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____

TUESDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____

WEDNESDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____

THURSDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____

FRIDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____

SATURDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____

SUNDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

CUPS OF WATER: _____