

# Goal-Setting Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parents: Help your child set a food goal to try this week. Some examples could include: drink only water and milk each day, or try one new fruit or vegetable each day.

Student: Write down your food goal for the week.

I will \_\_\_\_\_  
\_\_\_\_\_.

Who are two adults that can help you?

1- \_\_\_\_\_

2- \_\_\_\_\_

Cross off one rocket ship each day that you achieve your goal.

