

Connect for Health Goals for Kids



Set family goals! Let your child put a check mark or a sticker in the boxes when they meet a goal. ✓

Daily Goals for 3-5 Year Olds

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks