

FOOD AND FITNESS GOALS

GETTING ACTIVE

Family walk in the evening

Weights at home

Active fun stuff: skate park, soccer, hiking, etc.

NO MORE BAD STUFF

16-week soda fast

Quit buying over-processed, packaged snacks/junky nonfood

GET IN THE GOOD STUFF

Go to the farmer's market weekly

Eat a green salad and fresh fruit/veg with dinner every night

Eat more fish (once a week)

Eat more whole grains (oatmeal, granola, whole grain/wheat bread, bran muffins)

Find local sources for free-range/organic meat

Keep lots of fresh fruit and prepped veggies for snacks

Grow and use more herbs

Make a monthly co-op order

Eat less of the BEST instead of more of not-so-great stuff