



Complete this worksheet and
turn in to your coach by _____
to get a star!

Level #1

Name: _____

Intro to I Can Do It

Healthy Habit of the Week:

I can set a goal to make a positive change

Key Points:

- A goal is wanting to do something then working hard to make it happen.
- It feels good to accomplish goals.
- Goals need to be clear for example: "I will walk every day to school so that I am more active."
- Healthy LifeStar goals is: working toward a healthy goal and making it happen. This goal can be about eating healthy or being active.

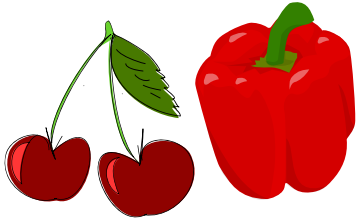
Choosing a new goal

Color in the activity you would like your goal to be.

I will drink no sugary drinks next week



I will try a new fruit or vegetable



Eat a fruit and vegetable every day for dinner

