

FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY SMALL STEPS TO SUCCESS

Tips for Family Success:

- Be realistic.
- Work on small steps one at a time.
- Make goals to fit your schedule and personalities.
- Write down your plan.
- Talk about your family goal and small steps every day.
- Track your progress.
- Don't expect perfection.
- Celebrate successes with a fun family outing.



FEBRUARY HEALTH CHALLENGE

Write 1 big physical activity goal and 4 small steps to help reach it.

Making changes to be more physically active takes time. Try 3 easy goal-setting steps to find a goal that the whole family can work toward.

1. Talk with family members about what is important.

Here are some ideas:

- Having fun
- Enjoying the outdoors
- Learning something new
- Being together
- Helping your community

What is important to your family? _____

2. Decide on 1 big goal. Write it down. Example:

- Spend 60 minutes every week enjoying the outdoors.

Your Family's Big Goal: _____

3. Decide on small steps to help reach this goal. Examples:

- Week 1 Small Step – take turns walking the dog an extra 10 minutes a day
- Week 2 Small Step – take 15-minute after-dinner walks every Sunday

Your Family's Small Steps:

- Week 1 Small Step – _____
- Week 2 Small Step – _____
- Week 3 Small Step – _____
- Week 4 Small Step – _____



**DON'T FORGET!
KEEP YOUR FAMILY'S BIG
PHYSICAL ACTIVITY
GOAL AND SMALL
STEPS ON THE
REFRIGERATOR.**

4-H FAMILIES ONLINE

Go to www.kidnetic.com for animated games, quizzes, and family activity ideas.