

Name: _____ Date: _____

Health Goals for Your Kids

When your children are young, you are responsible for helping them stay healthy and teaching them about taking care of their health. You need to think about what health goals you want to teach your children. When your children learn healthy behaviors and goals early, they are more likely to treat those health goals as important when they are adults.



Write or draw a goal for your child in each of these areas:



Smoke/Vape
Free Life



Physical Activity



Nutrition



Sleep



Other

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.