



NEW YEAR'S RESOLUTIONS FOR CHILDREN



BIG INTENTIONS FOR SMALL PEOPLE



PRESCHOOLERS:

- I WILL EAT BREAKFAST EVERYDAY.
- I WILL ACTIVELY "PLAY" FOR AT LEAST AN HOUR EVERYDAY.
- I WILL EAT A PIECE OF FRUIT INSTEAD OF DRINKING JUICE.

SCHOOL-AGED KIDS:

- I WILL DRINK LOTS OF WATER, AND LIMIT SODA AND FRUIT JUICES.
- I WILL SPEND A COUPLE MINUTES EVERY MORNING CLEANING UP MY ROOM AND MAKING MY BED.
- I WILL TRY TO FIND A SPORT OR AN ACTIVITY THAT I LIKE AND DO IT AT LEAST THREE TIMES WEEKLY.
- I WILL EAT AT LEAST TWO SERVINGS OF VEGETABLES A DAY.



TEENAGERS:

- I WILL EAT AT LEAST TWO FRUITS AND/OR VEGETABLES A DAY, AND WILL LIMIT SODA INTAKE.
- I WILL TAKE CARE OF MY BODY THROUGH SPORTS, FITNESS, AND NUTRITION.
- I WILL SPEND TWO HOURS AT THE MOST ON TV WATCHING AND VIDEO GAMES.
- I WILL REMAIN POSITIVE ABOUT MY BODY IMAGE AND SAY ONLY POSITIVE THINGS ABOUT MYSELF.

