

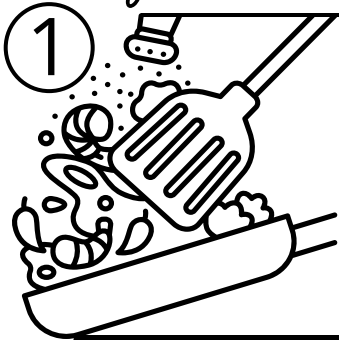
# Habit 1

## Kitchen Champions

**Did you know cooking together can help your whole family feel healthier and closer?** Cooking with your family isn't just about making delicious meals – it's about creating special moments together. When you cook as a family, you get to share stories, laugh, and make tasty treats that make everyone smile. And guess what? Those homemade meals are a great way to build healthy habits that help everyone feel their best. So, grab your spatula—it's time to cook up some fun and healthy family memories!

### Family Goal Setting

**Prompts:** "Are there any new vegetables or ingredients you'd like to experiment with?"  
"How many times do you want to cook together this week?" | "What would you like to learn how to cook?"



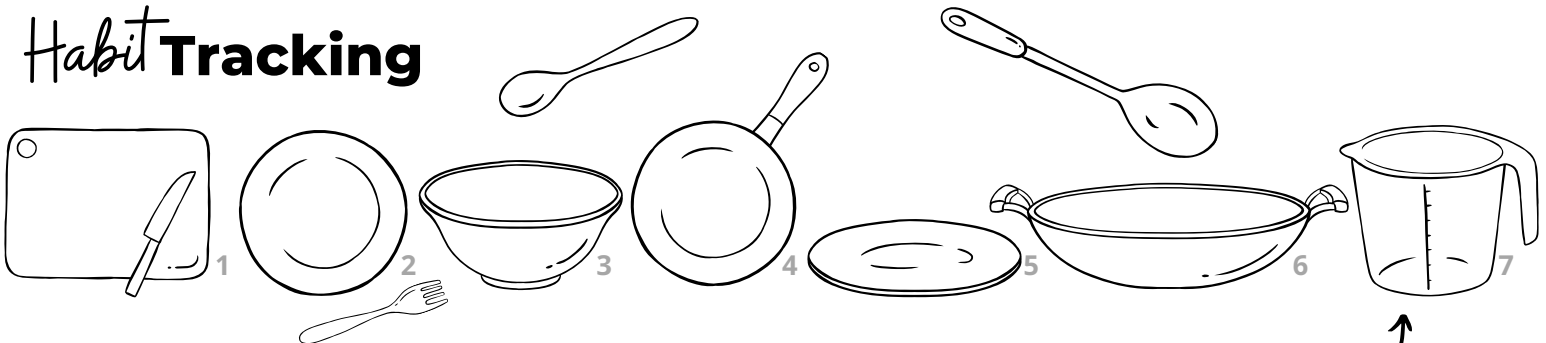

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### Habit Tracking



**Choose a habit to focus on this week:**

Color in the dishes each time you complete the habit. Aim for 7 times!  
Try drawing some of your favorite foods in the dishes before coloring them in!

- |   |   |
|---|---|
| <input type="checkbox"/> Eat Homemade Food for at least 1 meal per day      | <input type="checkbox"/> Try a new recipe or retry something you don't like |
| <input type="checkbox"/> Help in the Kitchen planning, cooking, and cleanup | <input type="checkbox"/> Eat together at the table, at least 1 meal per day |

### Reflections to Celebrate

**Prompts:** What did you learn this week? | How do you plan to keep these habits going?  
What did you like about making this a priority?

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# Habit 2

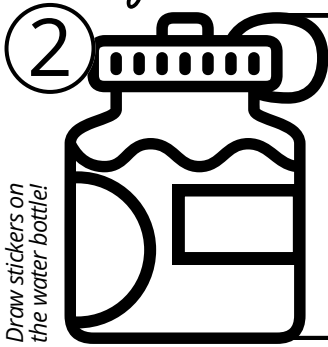
## Hydration & Mindful Eating

For more free resources visit [healthiertexas.org](http://healthiertexas.org)

**Let's power up with water and mindful eating!** Did you know that staying hydrated and eating with care are amazing ways to help your body and mind feel their best? Drinking plenty of water and choosing nourishing foods can keep you energized, focused, and ready for whatever the day brings. So, fill up those water bottles, take a moment to slow down and enjoy your meals, and let's make this a week of healthy choices!

### Family Goal Setting

**Prompts:** "How many glasses of water do you want to drink each day?"  
"What are some hydrating snacks you'd like to try?" | "How can we practice mindful eating as a family?"




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### Habit Tracking

**8x8: Aim to drink at least eight, 8 oz. glasses of water every day!** (64 oz. 1.9 Liters)  
 = 8 oz. of water


Color in the water droplets each time you drink 8 ounces of water!

### Mindful Eating Badges:

Color in the badge once you practice the mindful eating skill!



\*Hydrating foods include fruits and veggies with high water content like melon, berries, celery, or lettuce.

### Reflections to Celebrate

**Prompts:** What did you learn this week? | How do you plan to keep these habits going?  
What did you like about making this a priority?

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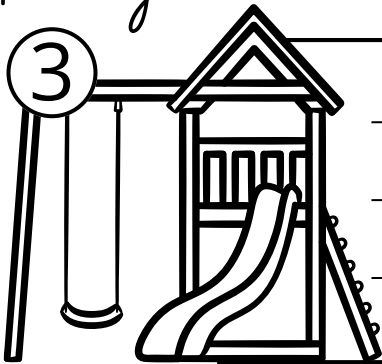


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**Let's make moving together part of your family routine!** Staying active as a family is one of the best ways to boost your energy, feel strong, and have fun together. Whether dancing in the living room, playing outside, or going for a walk, every movement helps your body and mind stay healthy. Let's get moving and make active moments a fun part of every day! JOIN OUR FREE FITNESS & NUTRITION CLASSES - **STRONGERTEXAS.ORG**

## Family Goal Setting

**Prompts:** "How many minutes of physical activity do you want to do each day?"  
"What are some fun ways we can stay active together?" | "How can we support each other's goals?"




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## Habit Tracking



**Choose a habit to focus on this week:**

Color in the shoes each time you finish a physical activity. Aim for 30 minutes per day!  
Try drawing different details and decorating the shoes in your style!

- ☐ Play outside for at least 30 minutes every day
- ☐ Try a new physical activity or sport

- ☐ Take a family walk or bike ride together
- ☐ Dance to your favorite music for 15 minutes daily

## Reflections to Celebrate

**Prompts:** What did you learn this week? | How do you plan to keep these habits going?  
What did you like about making this a priority?

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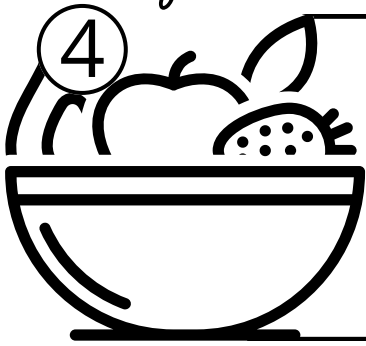


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**Let's fuel our bodies with tasty, nutritious foods!** Eating a variety of colorful, nutritious foods helps us feel our best every day. From crunchy veggies and juicy fruits to whole grains and proteins—every bite gives your body the fuel it needs to stay strong, energized, and ready for all the things you love to do.

### Family Goal Setting

**Prompts:** "What are new fruits or vegetables you'd like to try?" | "How can we include more whole grains and lean proteins in our meals?" | "What healthy snacks can we have on hand for when hunger strikes?"



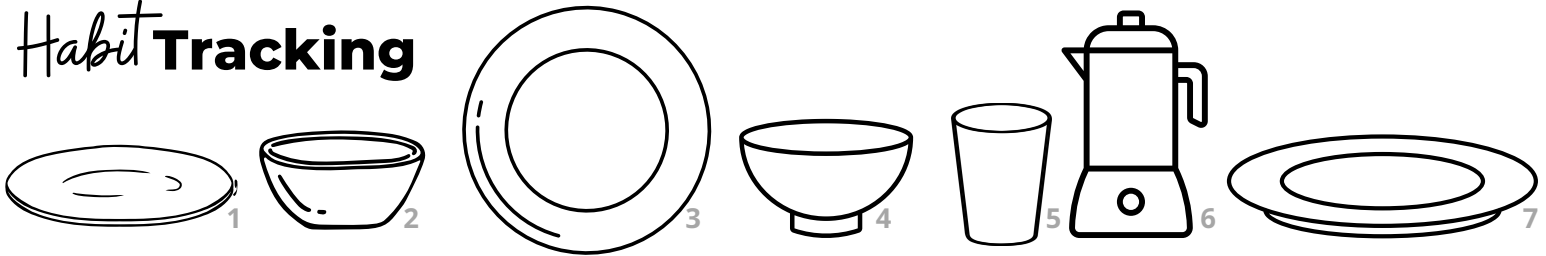

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### Habit Tracking



**Choose a habit to focus on this week:**

Color in the dishes each time you complete the habit. Aim for 7 times!  
Try drawing some of your favorite foods in the dishes before coloring them in!

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|---|---|
| <input type="checkbox"/> Eat a balanced meal for breakfast, lunch, and dinner | <input type="checkbox"/> Swap out sugary drinks for water         |
| <input type="checkbox"/> Try a new fruit or vegetable each day                | <input type="checkbox"/> Include a source of protein in each meal |

### Reflections to Celebrate

**Prompts:** What did you learn this week? | How do you plan to keep these habits going?  
What did you like about making this a priority?

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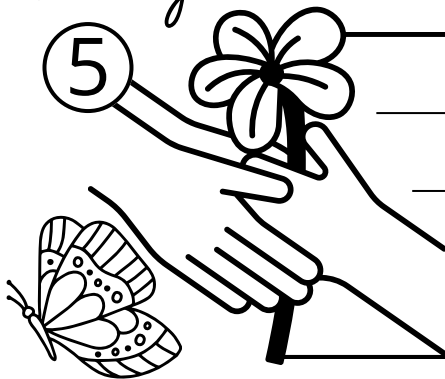
# Habit 5

## Social Support & Community

**Healthy habits are better together!** Having the support of family and friends makes building healthy habits even more fun and meaningful. Whether it's cooking a meal, going for a walk, or sharing a laugh, these moments of connection help us feel encouraged, motivated, and loved.

### Family Goal Setting

**Prompts:** "Who are some people in our community we can reach out to for support?" | "How can we show kindness and support to each other as a family?" | "What activities can we do together?"



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### Habit Tracking



#### Choose a habit to focus on this week:

Color in the flowers each time you show kindness or support to someone. Aim for at least 3 acts of kindness per day!  
*Write words of kindness in the clouds as inspiration!*

- |  |   |
|--|---|
| <input type="checkbox"/> Reach out to a friend or family member  | <input type="checkbox"/> Have quality family or friend time               |
| <input type="checkbox"/> Do a random act of kindness for someone | <input type="checkbox"/> Volunteer together as a family in your community |

### Reflections to Celebrate

**Prompts:** What did you learn this week? | How do you plan to keep these habits going?  
What did you like about making this a priority?

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# Habit 6

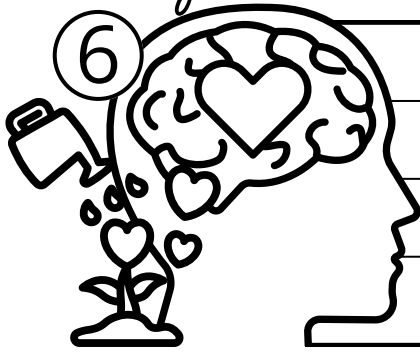
## Mindfulness & Well-being

### Your mind matters—let's build habits that support it!

Taking care of your mental health is just as important as taking care of your body. Simple habits like talking about your feelings, taking deep breaths, spending time with loved ones, and practicing mindfulness can help you feel calm, focused, and supported.

## Family Goal Setting

**Prompts:** "What are some activities that help you feel calm and relaxed?" | "How can we support each other during times of stress or difficulty?" | "What can we do to practice gratitude and positivity as a family?"




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## Habit Tracking



### Choose a habit to focus on this week:

Color in the stars each time you practice self-care or mindfulness. Aim for 3 moments of self-care and wellbeing a day!

*Try adding words of positivity and self-love around the stars for inspiration!*

☐ Practice breathing exercises

☐ Write down things you are grateful for

☐ Appreciate the beauty around you

☐ Unplug and enjoy some time away from screens

## Reflections to Celebrate

**Prompts:** What did you learn this week? | How do you plan to keep these habits going? What did you like about making this a priority?

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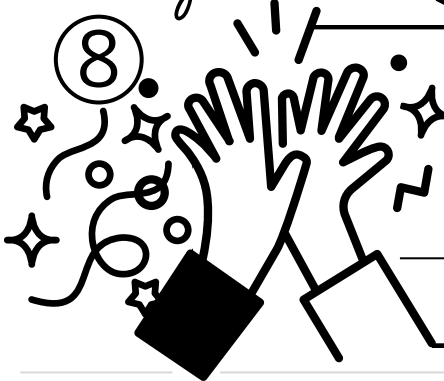
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### Let's inspire each other to be our best selves!

Taking care of our health isn't about being perfect—it's about showing up for ourselves and encouraging one another along the way. When we set small goals, try new things, and support each other, we can grow stronger—together! Let's cheer each other on and keep making healthy choices that help us feel our best every day.


## Family Goal Setting

**Prompts:** "What are ways we can encourage each other?" | "How can we ensure health stays a priority?"  
"What Olympic-inspired activities would be fun to try as a family?"

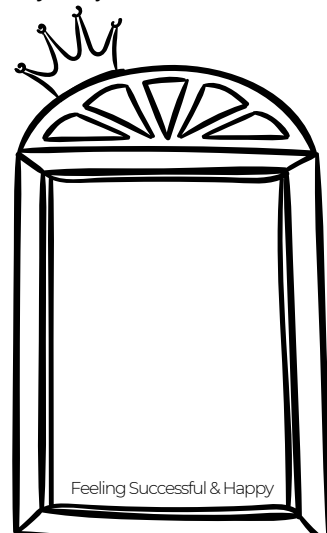


## Reflections to Celebrate

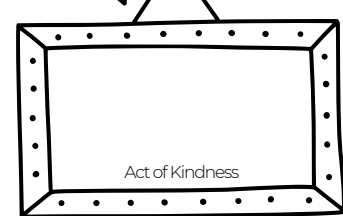
Draw or write in each of the frames as you reflect on the last 7 weeks.




Bedtime Routine



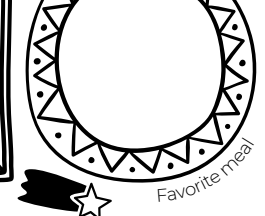
Feeling Successful & Happy



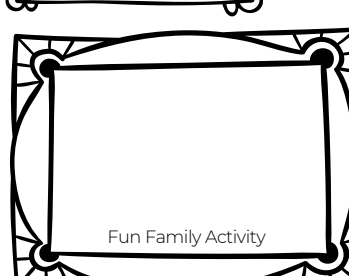
Act of Kindness




Favorite Healthy Lesson



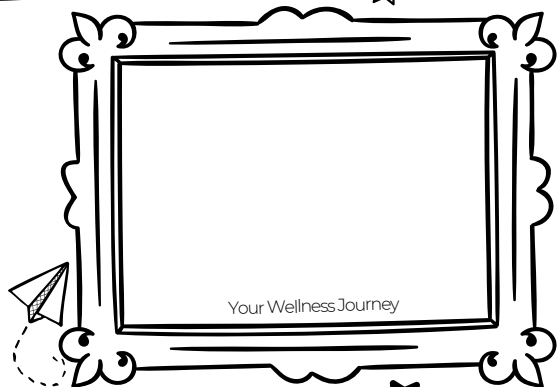
Favorite meal



Fun Family Activity



Relaxation Moment



Your Wellness Journey

**Prompts:** What habits will you continue doing?

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