

Healthy Family Habits Planner

Welcome to the Healthy Family Habits Tracker! This comprehensive guide is designed to help families build and maintain healthy habits for a happier, thriving household. The tracker includes goal-setting sections, weekly tracking pages, monthly summaries, family-friendly activities, habit inspiration, and final reflection prompts. It's a versatile tool that encourages families to work together in improving their physical, emotional, social, and financial well-being.



Introduction and Tips

The Healthy Family Habits Tracker is your family's partner in progress, designed to fit seamlessly into your busy life. Use it to monitor your habits, set goals, and maintain momentum while building connection as a family.

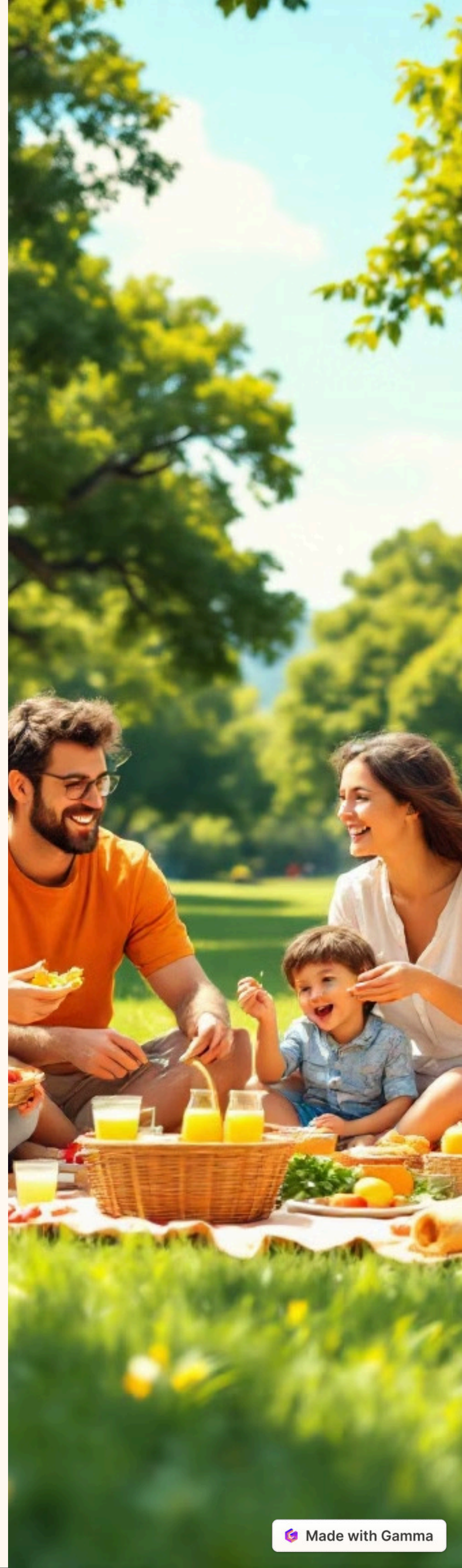
A healthy, happy family is multi-dimensional. It's not just about the food you eat or what you do—it's about building connections while creating an environment where every family member can thrive. As this happens, the family as a whole becomes stronger, safer, and happier!

At Super Healthy Families, we promote more than healthy foods and exercise. We also support developing healthy relationships with your self, with others, with your finances, and with your future—as individuals and as a family. So, we have included four categories of health in this tracker:

- Physical Health
- Emotional/Mental Health
- Relationship Health
- Financial Health

This Healthy Habit Tracker is designed to support you and your family in creating a healthier, happier home. Remember...

- Set realistic, achievable goals for your family
- Fill out the tracker daily or weekly as a family activity
- Celebrate your wins, no matter how small!



We are HERE Exercise

You and your family are on a journey to a more healthy and happy lifestyle. As with any journey, in order to figure out which way to start, you have to first know where you are — it's the "You Are Here" principle. So, to get started, rate and record how you and your family are doing in the four Health categories. WARNING: this is NOT when you gripe on each other! Instead, note what you are doing well, and then discuss what one thing you would like to do better — Keep it POSITIVE! (You are the tour guide for this journey, so if things start to head south, it's up to you to redirect the group and keep them moving in the right direction. You've got this!)

Physical Health: Eating, Exercise, and Energy

On a scale of 1-10, how are we doing at this as a family? 1 2 3 4 5 6 7 8 9 10

What are we doing well?

How would we like to improve? In the next 3 months, what will we do to improve?

Emotional and Mental Health: Mindset, Gratitude, and Purpose

On a scale of 1-10, how are we doing at this as a family? 1 2 3 4 5 6 7 8 9 10

What are we doing well?

How would we like to improve? In the next 3 months, what will we do to improve?

Relationships: Communication, Bonding, Time Management, Connection

On a scale of 1-10, how are we doing at this as a family? 1 2 3 4 5 6 7 8 9 10

What are we doing well?

How would we like to improve? In the next 3 months, what will we do to improve?

Financial Health: Money Mindset, Budgeting, Maximizing Resources

On a scale of 1-10, how are we doing at this as a family? 1 2 3 4 5 6 7 8 9 10

What are we doing well?

How would we like to improve? In the next 3 months, what will we do to improve?

Goal-Setting: Physical Health

Select ONE healthy habit your family would like to work on this month to improve your physical health:

- What healthy habit do we want to build this month?

- Why is this habit important to our family?

- Who will take the lead on this habit?

- What are the steps to successfully developing this habit - be specific about what you will do, and what you will NOT do
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- How will you measure your progress? (time, distance, weight, energy, etc.)

Briefly describe what the end result of achieving this habit will look like and feel like:

Short-Term: _____

Long-Term: _____

Goal-Setting: Emotional/Mental Health

Select ONE healthy habit your family would like to work on this month to improve your emotional health:

- What healthy habit do we want to build this month?

- Why is this habit important to our family?

- Who will take the lead on this habit?

- What are the steps to successfully developing this habit - be specific about what you will do, and what you will NOT do
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- How will you measure your progress? (Try to put a number on things, for example: Journal every night about 3 things I'm grateful for.)

Briefly describe what the end result of achieving this habit will look like and feel like:

Short-Term: _____

Long-Term: _____

Goal-Setting: Relationship Health

Select ONE healthy habit your family would like to work on this month to improve your relationships:

- What healthy habit do we want to build this month?

- Why is this habit important to our family?

- Who will take the lead on this habit?

- What are the steps to successfully developing this habit - be specific about what you will do, and what you will NOT do
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- How will you measure your progress? (Date nights, weekly family meetings, # of hugs, etc.)

Briefly describe what the end result of achieving this habit will look like and feel like:

Short-Term: _____

Long-Term: _____

Goal-Setting: Financial Health

Select ONE healthy habit your family would like to work on this month to improve your financial health:

- What healthy habit do we want to build this month?

- Why is this habit important to our family?

- Who will take the lead on this habit?

- What are the steps to successfully developing this habit - be specific about what you will do, and what you will NOT do
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- How will you measure your progress? (Saving Jar, earning/saving a certain amount, bank account, money mindset evaluation, etc.)

Briefly describe what the end result of achieving this habit will look like and feel like:

Short-Term: _____

Long-Term: _____

Weekly Progress

Monitor your progress each day as a family—maybe at breakfast or dinner. Each day, as a family, determine how well you did on the habit for each health category. Enter a score from 1 to 5 with 5 being the highest. Remember, the intent is to work together and encourage one another. So, be patient, encouraging, and forgiving—progress, not perfection—is the goal.



Physical

Monday ____

Tuesday ____

Wednesday ____

Thursday ____

Friday ____

Saturday ____

Sunday ____

TOTAL ____



Emotional/Mental

Monday ____

Tuesday ____

Wednesday ____

Thursday ____

Friday ____

Saturday ____

Sunday ____

TOTAL ____



Relationships

Monday ____

Tuesday ____

Wednesday ____

Thursday ____

Friday ____

Saturday ____

Sunday ____

TOTAL ____



Financial

Monday ____

Tuesday ____

Wednesday ____

Thursday ____

Friday ____

Saturday ____

Sunday ____

TOTAL ____

Weekly Reflection:

- What went well this week? _____
- What lessons did we learn or what challenges did we face and/or overcome?
- What can we improve next week? _____

Monthly Celebration

Reflect on progress and reset goals for the next month.

- What did we achieve this month?
- What were our favorite moments as a family?
- What habits need adjustment?
- What five things are we grateful for this month?



Quarterly Reflection

Celebrate progress and prepare for future growth every 3 months.

- What are we most proud of as a family?
- Which habits have become part of our routine?
- How has our family and feeling changed due to our family efforts and habits?
- What new goals do we want to set for the next season?



Habit Inspiration Pages

Physical Habits

- Drink one more cup of water with dinner each day
- 20 minutes of exercise
- Eat a vegetable with every meal
- Stretch for 5 minutes in the morning and at night - do it as a family, to music, taking turns as the leader
- Only eat sugar after eating something healthy
- Try a new recipe from www.superhealthykids.com
- Have a spontaneous dance party (in the kitchen, down the hall, on the driveway, anywhere!)
- Play Twister, Hopscotch, Frisbee, or any other active game
- Create your own obstacle course
- Have a Hula Hoop contest
- Adjust your portion sizes to reach your goals
- Give rewards for getting to bed early (or at a regularly set time) & getting up on time
- Brush teeth for 2 full minutes - play a song or make it a game

Emotional Habits

- Share one highlight of your day at dinner - everyone cheer!
- Daily gratitude journaling at least once a day
- Write a family mission statement
- Serve another person at least once a day—without expecting anything in return
- Repeat out loud: "I am smart, I am beautiful/handsome, I am valued, and my family loves me"
- Write your own personal power statements. Post them and recite them.
- Memorize an inspirational quote or poem
- Learn the catch, challenge, change exercise (catch negative idea, challenge its validity, change it to a positive)
- Take time to be still. Try meditation or prayer.
- Give someone a hug. Ask for a hug if you need one.
- Create a Positive Vibes Playlist
- Cry - it relieves stress

Financial Habits

- Track expenses for a week
- No-spend challenge days
- Make a meal plan* and grocery shopping list* BEFORE going to the store.
- *HINT: Try the PrePear app - it does this for you! Access meal plans at www.superhealthymealplans.com
- Save 20% of your income before spending anything. Make a separate bank account for your savings, or get a piggy bank.
- When considering large purchases, wait 24 hours. Do you really need it? Can you afford it?
- Make paying off debt a priority.
- Make a game of seeing how little you can spend in a week/month.
- Do a grocery scavenger hunt—make meals from only food that is on sale or in your pantry.
- Play a money-related board game (Cash Flow is great)
- Make a budget, and a reward for keeping it
- Donate to a good cause