



Family Pact

This pact between _____ (the student)
and _____ (the parent) means we will
help each other become healthier, **ONE STEP** at a time.

We agree to do the following things:

- We will learn to spot the difference between healthy and unhealthy foods.
- We will encourage each other to eat more fruits, vegetables and whole grains.
- We will discourage each other from eating foods high in fat, sodium and added sugar.
- We will stock the house with healthy snacks.
- We will make or buy healthy lunches.
- We will each drink at least eight glasses of water a day.
- We will be active for at least three 10-minute blocks of time each day.
- We won't get mad at ourselves when we make less than healthy choices.
- We will root for each other when we do make healthy choices.

Signed,

_____ on _____
(The student) (Date)

_____ on _____
(The parent) (Date)

