



# Goal Tracking Activity



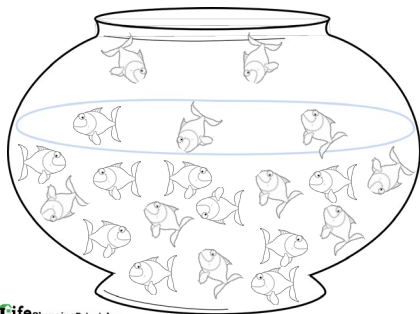
Spark your kid's interest in goals by doing a simple goal yourself first. Seeing you work on goals can spark their interest in doing their own goals.

1. Choose a chart that tracks 20, 50, or 100 actions.
2. Print the chart and put it on your fridge or somewhere your kids will see it.
3. Choose a simple action & write it on the chart.
4. Do the action as often as you feel like and start coloring in the chart!

## Simple Goal Ideas:

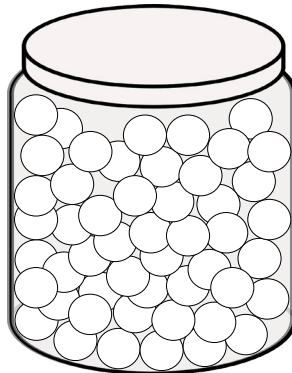
- one counter pushup
- one jumping jack
- drink a cup of water
- think of something you are grateful for
- read one verse of scripture.

20



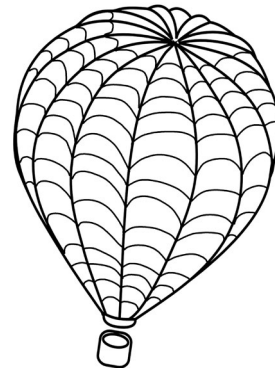
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50



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100



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Remember - it doesn't matter if you finish or even care about this goal - just that you are engaging with it in a way your kids can see!

