



# Eat. Move. Thrive.

*Kenosha County!*



Name: \_\_\_\_\_

Date: \_\_\_\_\_



With your provider,  
set your goal(s) to  
**Eat. Move. Thrive.**

Use the **Eat. Move. Thrive.**  
brochure for resources.





## EAT

- ☐ Aim for \_\_\_\_\_ daily servings of
  - ☐ Fruits (Recommend 2 cups/day)
  - ☐ Vegetables (Recommend 2.5-3 cups/day)
- ☐ Limit soda or juice to \_\_\_\_\_ per
  - ☐ Week
  - ☐ Day
- ☐ Visit a farmer's market for local produce
- ☐ Attend a **FREE** cooking/nutrition class (See **Eat** Resources)
- ☐ Enroll/Participate in one of the following:
  - ☐ WIC
  - ☐ FoodShare
  - ☐ Food Pantry
  - ☐ Other:  
\_\_\_\_\_
- ☐ Other:  
\_\_\_\_\_

## MOVE

- ☐ Be physically active with family and/or friends for \_\_\_\_\_ minutes \_\_\_\_\_ time(s) per week
- ☐ Stretch for \_\_\_\_\_ minutes \_\_\_\_\_ time(s) per week
- ☐ Bring this prescription to the Kenosha YMCA to activate a **FREE** pass within 3 months
- ☐ Reduce screen time (TV, cell phones, tablets, computers, etc.) to \_\_\_\_\_ minutes OR hours per day
- ☐ Try a new physical activity (See **Move** Resources)
- ☐ Reach \_\_\_\_\_ steps per day
- ☐ Other:  
\_\_\_\_\_



## THRIVE

- ☐ Commit to a positive self-care activity daily
  - Read
  - Quiet Time
  - Yoga/Meditation
  - Other
- ☐ Make an appointment with a mental health and/or substance abuse counselor
- ☐ Reduce tobacco use to:
  - ☐ Only \_\_\_\_\_ cigarette(s) per day
  - ☐ Only chew \_\_\_\_\_ time(s) per day
  - ☐ Quit by \_\_\_\_\_
- ☐ Attend a community event
- ☐ Attend a parenting class
- ☐ Attend a support group (See **Thrive** Resources)
- ☐ Other:  
\_\_\_\_\_

Provider: \_\_\_\_\_

Complete Goal(s) By: \_\_\_\_\_