


Partnering with community members and organizations to make deliberate choices that lead to healthier children.

CHL Targets Family Challenge

Your child's name _____

Mark where this child is now: **X** Mark where you want them go: **▲**



Be active, move more
Children: 1 hour everyday at moderate or vigorous levels
Adults: Half an hour everyday at moderate levels

This way is better →

○ .25 ○ .50 ○ .75 ○ 1.00 ○ 1.25 ○ 1.50 ○ 1.75 ○ 2.00 ○ 2.25 ○ 2.50 ○ 2.75
Hours



Sleep more
Children: 11-13 hours everyday
Adults: 7-9 hours everyday

This way is better →

○ 6.0 ○ 6.5 ○ 7.0 ○ 7.5 ○ 8.0 ○ 8.5 ○ 9.0 ○ 9.5 ○ 10.0 ○ 10.5 ○ 11.0 ○ 11.5 ○ 12.0 ○ 12.5 ○ 13.0
Hours



Eat more fruits and veggies
Children: 1 cup fruit and 1 heaping cup veggies everyday
Adult women: 2 cups fruit and 2 ½ cups veggies everyday
Adult men: 2 cups fruit and 3 cups veggies everyday

This way is better →


○ 1.0 ○ 1.5 ○ 2.0 ○ 2.5 ○ 3.0 ○ 3.5 ○ 4.0 ○ 4.5 ○ 5.0 ○ 5.5
Cups



Drink more water
Children: 4-5 cups or 32-40 ounces everyday
Adult women: 9 cups or 72 ounces everyday
Adult men: 13 cups or 104 ounces everyday

This way is better →

○ 2.0 ○ 3.0 ○ 4.0 ○ 5.0 ○ 6.0 ○ 7.0 ○ 8.0 ○ 9.0 ○ 10.0 ○ 11.0 ○ 12.0 ○ 13.0 ○ 14.0
Cups



Limit sugar-sweetened beverages
Children: Almost none every week
Adults: Almost none every week

This way is better ←

○ 0.0 ○ .50 ○ 1.0 ○ 1.5 ○ 2.0 ○ 2.5 ○ 3.0 ○ 3.5 ○ 4.0 ○ 4.5 ○ 5.0 ○ 5.5 ○ 6.0 ○ 6.5
Cups



Limit screen time
Children: Less than 2 hours everyday
Adults: Less than 2 hours everyday

This way is better ←

○ 0.0 ○ .50 ○ 1.0 ○ 1.5 ○ 2.0 ○ 2.5 ○ 3.0 ○ 3.5 ○ 4.0 ○ 4.5 ○ 5.0 ○ 5.5 ○ 6.0 ○ 6.5
Hours

For more information about the CHL program, contact:
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