



My wellbeing/oranga chart

Use this fun chart to achieve your goals!



My name/
Toku ingoa:

Monday
Mane

Tuesday
Turei

Wednesday
Wenerei

Thursday
Taite

Friday
Paraire

Saturday
Rāhoroi

Sunday
Rātapu

Reward/
Ko te koha:

My goal/
whāinga:

Place
sticker
here

Well done/Ka pai!

My goal/
whāinga:

Well done/Ka pai!

My goal/
whāinga:

Well done/Ka pai!

Please turn over for
information on how
to use the chart.

Helping Kiwi families create healthy lifestyles



Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand

Using your child's goal chart



This goal chart will help you and your child create healthy goals and work towards achieving them.

To help your child achieve and maintain a healthy weight choose goals that focus on three important areas: eating, moving and sleeping. Here are some ideas to help you.



Eat/kai

For a child to develop and grow they need to eat healthy foods.

A goal could be to:

- eat breakfast every day
- eat two different kinds of fruit every day
- drink water or milk every day.



Move/korikori

Being active has many health benefits and can be fun for the whole family/whānau.

A goal could be to:

- play outside every day
- limit screen time to less than one hour a day.



Sleep/moe

Sleep helps your child to restore their energy and is important for their growth and development.

A goal could be to:

- go to bed at the same time each evening
- read a story before bed each night.

Add a sticker or tick to the goal chart each time your child achieves their goal.

For great ideas on goals and tips go to: **healthykids.org.nz**

