



Modeling Healthy Behaviors

Positivity Worksheet

Action Points

- Plan and stock healthy snacks to have in front of your kids
- Positivity chart for exercise - track positive changes, celebrate milestones
- Come up with a mirror mantra, verbalize in front of children
- Positive commenting - commit to one positive comment about others per day, not body or appearance
- Create comment "off limits" list regarding size, appearance, etc. with partner or other caretakers

My (Positive) Mirror Mantra

In This Family We Do Not Comment On:

Example: Other people's body size

Exercise Positivity Chart

Exercise or Lifestyle Goal	Date Met	Reward

(Try to set 2-3 exercise related goals that do not have to do with body size. Note when you meet these goals, and try to celebrate with rewards that are not food based)

