



Goals for STAR Kids

10-2-1-0

With your child, track how s/he is doing on the STAR goals. On days that your child meets a target goal, have him/her put a sticker in that box.



STAR Daily Goals

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of moderate to vigorous physical activity								1+ hours
# of sugary drinks								0 sugary drinks

Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of moderate to vigorous physical activity								1+ hours
# of sugary drinks								0 sugary drinks

Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of moderate to vigorous physical activity								1+ hours
# of sugary drinks								0 sugary drinks

Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of moderate to vigorous physical activity								1+ hours
# of sugary drinks								0 sugary drinks

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