

# JANUARY

## 2024



### FAMILY GOALS!

Blank space for writing family goals, with a yellow highlight bar.



### Notes

MON	TUE	WED	THU	FRI	SAT	SUN
1 SET FAMILY GOALS FOR THE NEW YEAR	2 TAKE A WALK AFTER DINNER	3 PLAY A BOARD GAME TOGETHER	4 HAVE A DANCE PARTY BEFORE BED	5 SNUGGLE ON THE COUCH AND WATCH A SHOW	6 ORGANIZE ONE AREA OF THE HOUSE	7 MENU PLAN FOR THE WEEK - PICK A NEW DINNER ENTRÉE
8 DRINK 6-8 GLASSES OF WATER TODAY	9 READ A BOOK BEFORE BED	10 HAVE A JUMPING JACK CONTEST	11 DO CHORES WITHOUT BEING ASKED	12 WRITE DOWN ANYTHING NEGATIVE THAT HAPPENED DURING THE WEEK	13 GO SEE A MOVIE	14 MENU PLAN FOR THE WEEK - PICK A NEW FRUIT
15 DO A SERVICE PROJECT OR VOLUNTEER	16 DRINK ONLY WATER OR MILK FOR YOUR BEVERAGES	17 WRITE A KIND NOTE TO SOMEONE	18 DO SQUATS DURING COMERCIAL BREAKS	19 TALK ABOUT THE BEST THING THAT HAPPENED THIS WEEK OVER DINNER	20 DO SOMETHING FUN OUTDOORS	21 MENU PLAN FOR THE WEEK - PICK A NEW VEGGIE
22 HAVE A FRUIT OR VEGETABLE WITH EVERY MEAL TODAY	23 NO SCREEN TIME AFTER SCHOOL	24 SEE WHO CAN HOLD A PLANK THE LONGEST	25 STRETCH FOR 10 MINUTES BEFORE BED	26 MAKE AN INFUSED WATER FOR DINNER TONIGHT	27 MAKE DINNER TOGETHER	28 MENU PLAN FOR THE WEEK - PICK A NEW SNACK
29 DRAW, COLOR, OR BE CREATIVE FOR AT LEAST 10 MINUTES	30 GO TO BED ON TIME OR EARLY TONIGHT	31 REFLECT ON THE MONTH OVER DINNER AND ADJUST GOALS				

