

## Key 3 Activity

Every family has positive and negative habits. Together as family, pick a positive habit that you would like to create to help move your family forward. Be sure to refer to your *GO FOR IT! Family Program* book and follow the guidelines for creating an effective habit card. Read your habit card every morning when you wake up and every night before bed. If the entire family cannot be there to read the habit card, it is okay to do so individually. On the following page, be sure to initial/mark each time the habit card is read for the next 30 days. Hang the habit card and calendar in an area where the whole family can see it.

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# Family Habit Card

**We, the \_\_\_\_\_ family,**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Family Habit Calendar

Circle or cross off AM each time your family reads your habit card in the morning.  
 Circle or cross off PM each time your family reads your habit card in the evening.

|                |                |                |                |                |                |                |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 1<br>AM<br>PM  | 2<br>AM<br>PM  | 3<br>AM<br>PM  | 4<br>AM<br>PM  | 5<br>AM<br>PM  | 6<br>AM<br>PM  | 7<br>AM<br>PM  |
| 8<br>AM<br>PM  | 9<br>AM<br>PM  | 10<br>AM<br>PM | 11<br>AM<br>PM | 12<br>AM<br>PM | 13<br>AM<br>PM | 14<br>AM<br>PM |
| 15<br>AM<br>PM | 16<br>AM<br>PM | 17<br>AM<br>PM | 18<br>AM<br>PM | 19<br>AM<br>PM | 20<br>AM<br>PM | 21<br>AM<br>PM |
| 22<br>AM<br>PM | 23<br>AM<br>PM | 24<br>AM<br>PM | 25<br>AM<br>PM | 26<br>AM<br>PM | 27<br>AM<br>PM | 28<br>AM<br>PM |
| 29<br>AM<br>PM | 30<br>AM<br>PM |                |                |                |                |                |

