

What are Your Family Fitness Values?

This Family Fitness Values handout, developed as part of Penn State Cooperative Extension’s *Family Fitness*, (child overweight prevention) Program, is a tool to help family members share their views and values regarding how their families function around food issues.

1. For each of the items in the left hand column, have youth, parents, and grandparents state how important they think these things are to them. Use the numbers 1–5, with 1=very important, and 5= not important.
2. Star the ones all agreed were very important.
3. Circle the top 3 family values.

Rate the importance of:	Youth	Parents	Grandparents	How often do you do these things together
Eating Meals Together				
Considering Everyone’s Food Preferences				
Including a Variety of Fruits, Vegetables, Low-Fat Dairy & Whole Grains at Each Meal				
Limiting High Sugar, High Fat Foods				
Preparing Foods Together				
Trying New Foods				
Eating Breakfast				
Family Physical Activity				
Maintaining a Healthy Weight				
Feeling Healthier such as:				
Add any others:				

