



# Healthy Apple Award

Excellence in Nutrition, Physical Activity, & Screen Time  
in Child Care Environments

## Goal Setting Worksheet

Provider Name: \_\_\_\_\_ Date: \_\_\_\_\_

Healthy Apple Award Level: <i>Nutrition</i>	None	Bronze	Silver	Gold
Healthy Apple Award Level: <i>Physical Activity</i>	None	Bronze	Silver	Gold
Healthy Apple Award Level: <i>Screen Time</i>	None	Bronze	Silver	Gold
Key Focus Area for Improvement	Nutrition	Physical Activity	Screen Time	
Best Practice for Improvement (1)				
Action Plan				
Date of Completion			Staff Responsible:	
Best Practice for Improvement (2)				
Action Plan				
Date of Completion			Staff Responsible:	
Workshop to Attend				