

4-Week Program



To start your 4 Week Program, we have to get some data to mark your progress. You can check or update any time.. and by the end of 4 Weeks, you will be able to tell where you and your family succeeded and where to work a bit more. Select one priority in each category, or create you own:

Food

- Plan meals in advance
- Have fun preparing food together
- Eat nutritious meals
- Try new foods
- Make up your own: _____

Fun

- Create a fun, inviting atmosphere
- Reduce distractions
- Tell funny stories and laugh together
- Play games at the table
- Make up your own: _____

Conversation

- Learn about each other's day
- Make sure everyone has a voice at the table
- Talk about things that matter
- Talk about the kind of people we want to be (too long)
- Discuss the news, movies or books
- Make up your own: _____