

# 4-Week Program



The 4 Week Program works best when you measure 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.

Just mark your progress!



## Food

- Plan meals in advance
- Have fun preparing food together
- Eat nutritious meals
- Try new foods

## Fun

- Create a fun, inviting atmosphere
- Reduce distractions
- Tell funny stories and laugh together
- Play games at the table

## 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
- Discuss the news, movies or books

	Never				Experts!
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