








# Family lifestyle

In table below you can write thought concerning your thoughts on your childs/family's lifestyle and how satisfied you are with each theme.

	 <b>Nutrition</b>	 <b>Exercise</b>	 <b>Rest/ calming down</b>	 <b>Screentime</b>
  This works well/is ok:				
  Something, we'd like to change/develop:				
  What kind of changes do we hope for:				