

# TIMELINE

**What Are We Measuring?**

-  Surveys
-  Body Measurements
-  Activity Monitor
-  Assess Diet Quality
-  Diet Recall

**Contact Us!**

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**START**

**Visit 1**



Parent	\$ 50
Teen	\$ 15

**MONTH #3**

**Visit 2**



Parent	\$ 55
Teen	\$ 20

**MONTH #6**

**Visit 3**



Parent	\$ 60
Teen	\$ 25

**MONTH #12**

**Visit 4**



Parent	\$ 65
Teen	\$ 30

**Randomization will lead you down one of these**

# 2 PATHWAYS

**Healthy  
Juntos  
Program**



## Healthy Juntos App:

- 11 weekly modules
- Each module: 20-30 minutes
- Duration: 6 months

## FitBit:

Receive a FITBIT to monitor your physical activity. You get to keep it!



## Healthy Lifestyle Coach: (15-30 minute meetings)

- Months 1-3: Weekly Meetings
- Months 4-6: Monthly Meetings



**Available  
Health Apps &  
Resources**



## Nutrition Apps:

- LifeSum
- Yummly
- Fooducate



## Fitness Apps:

- MyFitnessPal
- Wokamon
- ASICS Runkeeper



## Online Resources:

- The Centers for Disease Control & Prevention (CDC)
  - Salud America!
  - USDA MyPlate
  - KIDS HEALTH
- and more!