**Healthy Checklist**

How healthy are we really? By completing this task you may get a better idea.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **M** | **T** | **W** | **T** | **F** | **S** | **S** | **Did you…..** |
|  |  |  |  |  |  |  | Eat Breakfast |
|  |  |  |  |  |  |  | Breakfast was low fat, low salt, low sugar and combination of carb and protein |
|  |  |  |  |  |  |  | Drink plenty of water (2-3L per day) |
|  |  |  |  |  |  |  | Do 30 mins of moderate physical activity |
|  |  |  |  |  |  |  | Do a second 30 mins of moderate physical activity |
|  |  |  |  |  |  |  | Include some vigorous activity (get puffed) |
|  |  |  |  |  |  |  | Spend less than 2 hours watching an electronic screen |
|  |  |  |  |  |  |  | At no time sit continuously for longer than 55 mins |
|  |  |  |  |  |  |  | Eat 3-5 serves of vegetables |
|  |  |  |  |  |  |  | Eat 2 serves of fruit |
|  |  |  |  |  |  |  | Eat some low fat dairy |
|  |  |  |  |  |  |  | Eat lean meat, fish, legumes, eggs or nuts |
|  |  |  |  |  |  |  | Eat a moderate amount of carbohydrates |
|  |  |  |  |  |  |  | Eat or drink no more than 2 servees of sometimes food |
|  |  |  |  |  |  |  | Total Weekly score |

How does my weekly total rate?

0-50 Try harder next week

51-85 Good work, see if you can do better next week

86-105 Excellent – keep it up ☺