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Friday	10	20	30	40	50	60
Thursday	10	20	30	40	50	60
Wednesday	10	20	30	40	50	60
Tuesday	10	20	30	40	50	60
Monday	10	20	30	40	50	60

Track your activity by colouring in part of an arrow each time you are active for 10 minutes. Aim to be active for 60 minutes each day

Make a list of the higher fibre foods you have this week. You could have wholegrain breakfast cereal, wholemeal bread and wholewheat pasta!

### Higher fibre foods

Friday	<input type="checkbox"/>						
Thursday	<input type="checkbox"/>						
Wednesday	<input type="checkbox"/>						
Tuesday	<input type="checkbox"/>						
Monday	<input type="checkbox"/>						

Colour in a glass each time you have a drink this week. Have around 6-8 drinks a day!

### Drink tracker

### Move more

Friday	<input type="checkbox"/>				
Thursday	<input type="checkbox"/>				
Wednesday	<input type="checkbox"/>				
Tuesday	<input type="checkbox"/>				
Monday	<input type="checkbox"/>				
TOTAL					

Keep score of how many fruit and vegetables you have this week. You should have at least 5 A Day, every day.

### 5 A Day tracker

### Which of these have you done this week?

Rate yourself between  and

I have...

tried a new fruit or vegetable	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
had plenty of tap water	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
moved more	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
had some wholegrain foods	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
wasted less food	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						



# Healthy Eating Week

## My Health Tracker

Name \_\_\_\_\_

### This week, I wasted less food by...

1

3

2

