



Healthy Checklist

Week # _____ Weight _____

Tick off each day you:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Achieved 10,000 steps							
Ate a healthy breakfast							
Ate 1-2 serves fruit							
Ate 5 serves veg							
Ate no more than 2 serves grains							
Drank at least 1.5 litre / 6 glasses (250ml) water							