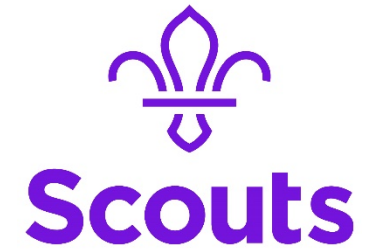


Health challenge planner

Use this planner to track your progress against your healthy challenge.



	Tick your challenges	Challenge	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Try something new		Try a new sport / activity							
		Turn off electrical devices one hour before bed							
		Read for 20 minutes before bed							
		Try a new fruit or vegetable that you haven't tried before							
		(your own challenge)							
Achieve the recommendations		Get nine hours sleep							
		Eat five portions of fruit and veg							

		Drink eight glasses of water (two litres total)							
		Eat a portion of oily fish (such as tuna or salmon) – should be ticked twice in a week							
		Do one hour of exercise							
		(your own challenge)							
Excel beyond		Eat seven portions of fruit and veg							
		Spend 30 minutes stretching							
		Swap an unhealthy snack for something healthier such as fruit, nuts or seeds							
		Include some plant-based protein (beans, lentils, nuts, seeds) into one of your meals							
		Cut out sugary soft drinks and don't add any sugar to drinks							
		(your own challenge)							