

Checklists

Daily habits checklist

DAILY ITEMS							
	M	T	W	T	F	S	S
Pack your snacks for the day							
Eat a balanced breakfast or make a smoothie to take with you							
Make sure you take time for relax before bed, turn your screens off at least an hour before bed or just read a book							
Eat a rainbow each day							
Eat a small handful of mixed unsalted nuts and seeds							

Say at least 2 positive things about myself							
Follow my fitness plan							
Always walk the long way							
Spend just 5 mins deep breathing to create a sense of calm and tranquillity							
Smile often (we know when you smile it makes other people smile too)							

Weekly Items

Try at least 1 new healthy food/recipe each week

Track my progress and share my accomplishments with others

Write out goals for both big picture and day to day

Aim for 30 different food groups every week

Meal plan and try a new recipe each week