

Eat a healthier diet

Week 1 health age score _____

Week 4 health age score _____

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Start the day with a healthy breakfast								
Eat at least five portions of fruit and vegetables								
Eat carbohydrates in every meal (change to good carbs i.e. wholemeal or similar)								
Lower your intake of foods containing high levels of fat and sugar								
Drink 6-8 glasses (approx. 2L) of water								
TOTAL POINTS FOR THE WEEK								

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Start the day with a healthy breakfast								
Eat at least five portions of fruit and vegetables								
Eat carbohydrates in every meal (change to good carbs i.e. wholemeal or similar)								
Lower your intake of foods containing high levels of fat and sugar								
Drink 6-8 glasses (approx. 2L) of water								
TOTAL POINTS FOR THE WEEK								

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Start the day with a healthy breakfast								
Eat at least five portions of fruit and vegetables								
Eat carbohydrates in every meal (change to good carbs i.e. wholemeal or similar)								
Lower your intake of foods containing high levels of fat and sugar								
Drink 6-8 glasses (approx. 2L) of water								
TOTAL POINTS FOR THE WEEK								

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Start the day with a healthy breakfast								
Eat at least five portions of fruit and vegetables								
Eat carbohydrates in every meal (change to good carbs i.e. wholemeal or similar)								
Lower your intake of foods containing high levels of fat and sugar								
Drink 6-8 glasses (approx. 2L) of water								
TOTAL POINTS FOR THE WEEK								