

Lose weight

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								
Get Active - Achieve up to 30 minutes brisk walking or exercise								
Drink at least 2L of water								
Plan your meals – Include at least five portions of fruit and vegetables and lower foods high in fat and Sugars								
Cut down on alcohol								
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								
Get Active - Achieve up to 30 minutes brisk walking or exercise								
Drink at least 2L of water								
Plan your meals – Include at least five portions of fruit and vegetables and lower foods high in fat and Sugars								
Cut down on alcohol								
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								
Get Active - Achieve up to 30 minutes brisk walking or exercise								
Drink at least 2L of water								
Plan your meals – Include at least five portions of fruit and vegetables and lower foods high in fat and Sugars								
Cut down on alcohol								
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								
Get Active - Achieve up to 30 minutes brisk walking or exercise								
Drink at least 2L of water								
Plan your meals – Include at least five portions of fruit and vegetables and lower foods high in fat and Sugars								
Cut down on alcohol								
TOTAL POINTS FOR THE WEEK								