


Healthy Eating Week Tracker

There are 15 ways to find your healthier you across the week.
Pick those you want to improve and rate your progress.

 Tick each time you complete a way to be healthier.

Monday

Know the facts

- Choose a wide range of healthier foods in the right proportions.
- Make sure you get your 5 A DAY and eat more wholegrains.
- Have at least 6-8 drinks a day.

Tuesday

Make a healthier choice

- Choose the right size portion for you.
- Compare nutrition labels to make a healthier choice.
- Make super swaps.

Wednesday

Plan for success

- Make a food plan for the week and keep it varied.
- Set goals and track how well you do.
- Make small changes to help you achieve your goals.

Thursday

Be the chef

- Get cooking - encourage a love of cooking.
- Make healthier meals by changing ingredients and the way you cook.
- Use recipes and tips from friends, and share your success.

Friday

Keep moving

- Find ways to be more active everyday.
- Follow the physical activity recommendations.
- Stay motivated by trying new ways to be active.

What about after the week?

Set three goals for the future – to continue your healthier you!

1. _____

2. _____

3. _____
