

The journey to good health begins with one step. Even small changes can help you along the road.



Name: Date started: Finished:

No alcohol. No kava

Stop smoking

BE PHYSICALLY ACTIVE

- Walk whenever you can
- Walk instead of taking a bus or taxi
- Take stairs instead of lifts
- Do sport
- Get dancing
- Play games
- Swim if you can

HIDDEN KILLERS

- Eat less highly processed foods
- Eat less fried, fatty foods
- Eat less salt
- Eat less sugar



Drink water rather than fizzy drinks

Eat 5+ servings of fruit & veg a day

CHOOSE HEALTHY SNACKS

(fruits, dried fruits, nuts & seeds)
Choose plant based or skim milk

CHOOSE FIBRE FOODS

- Root crops (taro, cassava sweet potatoes, yam etc.)
- Wholemeal bread
- Brown rice
- Lentils
- Beans
- Oats

HEALTH RISKS	PROGRESS TOWARDS MY GOALS							HEALTHY GOALS	
	My Scores	My Plan	6 Weeks						
Large waist measurement	●●●			☹☹		☹☹		●●●	Waist should be half your height
Overweight	●●●			☹☹		☹☹		●●●	5-10% weight loss if overweight
High blood pressure	●●●			☹☹		☹☹		●●●	Less than 140/90 mmHG
High blood sugar	●●●			☹☹		☹☹		●●●	Fasting 4.0-6.0mmol/L. Random 4.0-6.5 mmol/L
Unhealthy diet	●●●			☹☹		☹☹		●●●	5+ veg & fruit a day. Low fat, sugar & salt
Physical inactivity	●●●			☹☹		☹☹		●●●	At least 150 minutes per week
Smoking	●●●			☹☹		☹☹		●●●	Non-smoker
Harmful alcohol/kava use	●●●			☹☹		☹☹		●●●	No alcohol. No kava
Depression	●●●			☹☹		☹☹		●●●	Coping well