

Healthy eating and activity checklist



Week: _____

Question	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many serves of fruit did you eat?							
How many serves of vegetables did you eat?							
How many glasses of water did you drink?							
How many other drinks did you have?							
How many occasional (less healthy) foods did you have?							
How many minutes of physical activity did you do?							

Adapted from Australian Better Health Initiative, "Time to take some healthy measures" booklet. 2008, Canberra: Commonwealth of Australia.

Visit healthyliving.nsw.gov.au/healthy-eating-for-me for information on occasional foods and the five food groups.