

# 12 weeks to a better life

# How do you measure up



Australian Better Health Initiative  
A joint Australian, State and Territory government initiative.

## You've decided to make changes to your lifestyle. Well done!

This 12-week planner can help you through it. Week by week, follow the simple suggestions and create some new habits to reduce the risk of chronic disease and kick start a healthier, more enjoyable life.

### Kick start your healthy life:

- Aim for 2 serves of fruit and 5 serves of vegetables every day
- Drink plenty of water
- Limit your intake of sugar, fats and salty foods
- Be active for 30 minutes or more every day
- Be active every day in as many ways as you can



# Getting started

**1** Set a start date for your 12-week plan. Write it down and stick to it. **I will start my 12-week plan on:**

Try to improve each week, building on your achievements. Slowly increase the time spent being active each week.

**2** Set short term and long term goals. Make your goals specific and achievable. Rather than a vague goal like 'I will get fit', try a more specific goal like 'I will park five minutes further away from work every day'. When you achieve a goal, reward yourself. Not with food, but treat yourself to a new item of clothing, a massage or a movie.

Short term goals	Reward
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Long term goals	Reward
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

## Short term goals might include:

- Walking for 10 minutes three times a week
- Swapping sweet biscuits for fruit at morning tea every day this week.

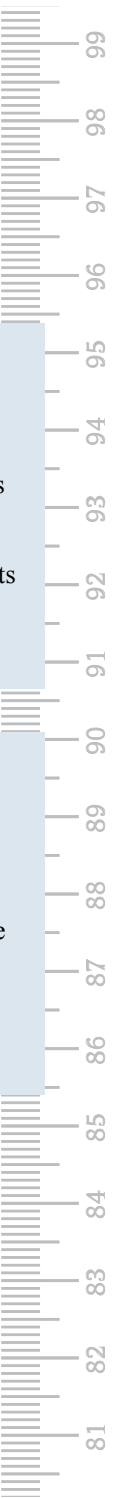
## Long term goals might include:

- Working up to 30 minutes of moderate activity every day
- Losing centimetres off your waist line.

**3** Check your local paper or library for community activities such as walking groups, social tennis or dance classes in your area. Commit to trying something new!

<b>Activity</b>	<input type="text"/>	<b>Day and Time</b>	<input type="text"/>	<b>Meeting point</b>	<input type="text"/>
<b>Activity</b>	<input type="text"/>	<b>Day and Time</b>	<input type="text"/>	<b>Meeting point</b>	<input type="text"/>
<b>Activity</b>	<input type="text"/>	<b>Day and Time</b>	<input type="text"/>	<b>Meeting point</b>	<input type="text"/>

Check out the Heart Foundation website [www.heartfoundation.org.au](http://www.heartfoundation.org.au) for walking groups in your area.



# Getting started (cont.)

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Think about your eating habits. What could you change immediately to encourage healthier eating? For example, could you cut down on sugary drinks? Replace processed muesli with hi-fibre cereal? Substitute cream with low fat yoghurt? Stretch instead of snacking? Choose vegetables instead of chips?

Current foods/eating habits	What will I do/eat/drink instead?



## Good habits include:

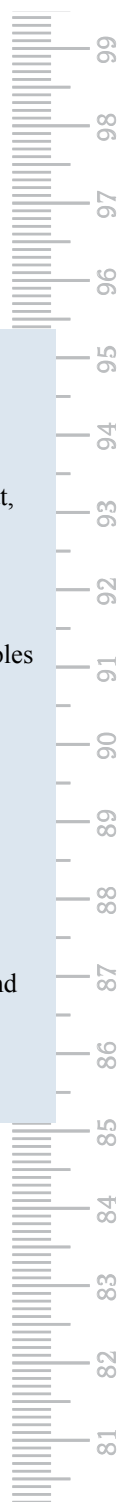
- eating regular meals
- choosing foods low in fat, sugar and salt
- drinking plenty of water
- making fruit and vegetables a big part of your diet
- limiting the amount of “sometimes” foods such as cakes, biscuits and fast food
- choosing healthy snack options like fruit, nuts and wholegrain bread with low fat cream cheese.

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Don't give up before you see the benefits. Be patient and keep at it! If you slip up, keep going. Getting into a routine makes it easier. Also let your friends and family know you're making healthy lifestyle changes and ask for their support to help you make those changes.

### Note:

Individual dietary advice and support is best provided by an accredited practising dietitian. A list of qualified dietitians is available from the Dietitians Association of Australia. Go to [daa.asn.au](http://daa.asn.au) for more information.



# Activity planner **Week 1**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. If possible, enjoy some vigorous activity each week for extra health and fitness. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Record all the times you took the stairs and cycled to the shop. Make note of your progress. Did you walk for five minutes longer than planned? How did you feel at the end of your activity?

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Idea of the week:

Make time for physical activity and schedule it in!

**This week I will do**

**on**




**(days)**

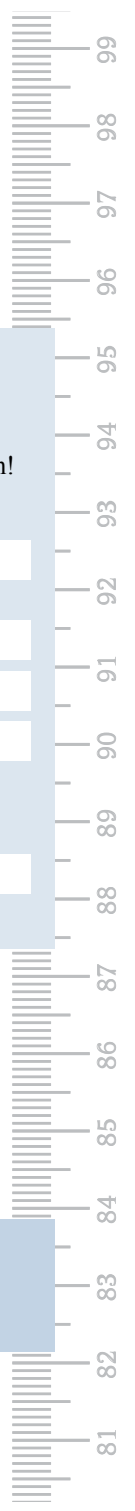
**at**

**(time)**

Total minutes this week:

**Note:**


If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary 1

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											



**Tip:**  
 Don't skip meals! If you do, you're more likely to reach for high fat, high sugar food when you're hungry. Breakfast is especially important. Hi-fibre cereal with low fat milk and sliced banana is a great way to kick start the day.

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



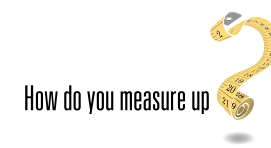
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



How do you measure up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 2**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

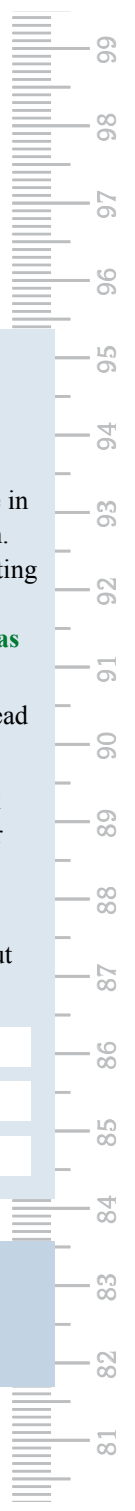
Think of movement as an opportunity, not an inconvenience. Be active in as many ways as you can. This week, try incorporating these activities into your day. **(Add your own ideas to the list).**

- Take the stairs instead of the lift
- When driving, park five minutes further away from your destination
- Pull some weeds out of the garden

Total minutes this week:

**Note:**

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 2**

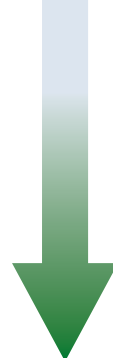
Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
 Add colour to your days! Slot two serves of fruit and five serves of vegetables into your daily meal plan. Hint: a medium potato or half a cup of cooked beans is one serve of vegetables. A medium apple or two apricots amounts to one serve of fruit.

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



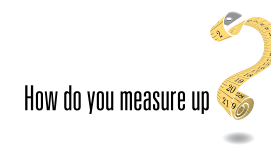
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 3**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

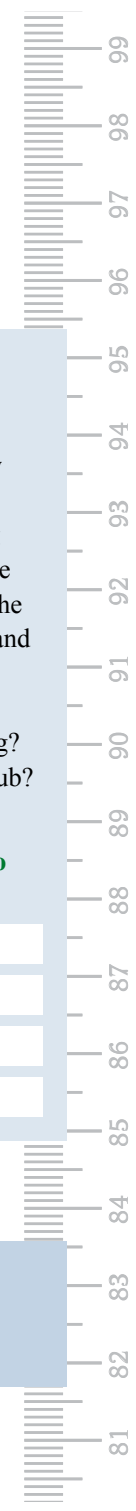
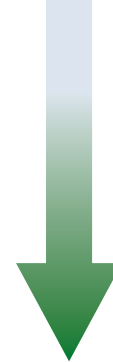
Choosing activities you enjoy will help you stay motivated. Rediscover a sport or try something new. Now is a great time to cross something off the 'one of these days' list and get fit at the same time. Pilates? Belly dancing? Volleyball? Orienteering? Golf? Sailing? Swim club? The choice is yours.

### This week I'm going to look into:


Total minutes this week:

**Note:**


If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 3**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											



**Tip:**  
Cakes, biscuits, chocolate and fast foods – these are all “sometimes” foods. Try substituting snacks of fresh fruit and yoghurt, frozen oranges or grapes, or fruit toast with low fat spreads.

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



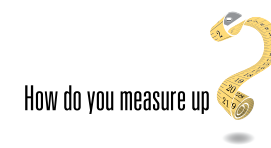
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 4**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

Rope in some company! Being active with friends or work colleagues helps you stick to your plan and achieve your goals. Join a gym with a friend and use the treadmill time to catch up. Organise a lunch time jog with work colleagues. Join an exercise group in your area. Walk with a friend.

### I'm going to organise

with

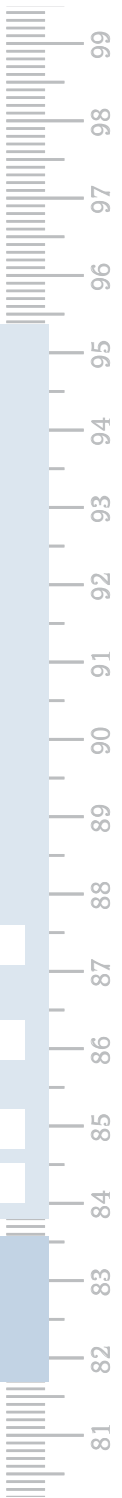
on



Total minutes this week:

#### Note:


If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 4**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											



**Tip:**  
 Try skipping juice and flavoured drinks in favour of water. As well as keeping you better hydrated, it will save you the creeping waistline problems hidden in sugary drinks. Challenge yourself to drink a glass of water each time you walk past the tap!

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



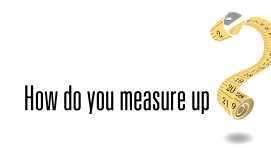
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner 5

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

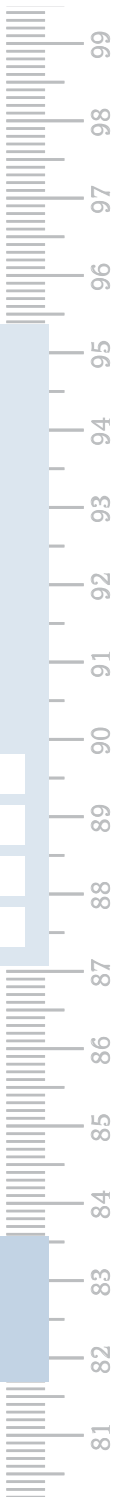
Avoid short trips in the car and walk or cycle instead. When riding public transport, get off a block or two early and walk the rest of the way.

**I'm going to walk or cycle on the following days:**


Total minutes this week:

**Note:**

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.

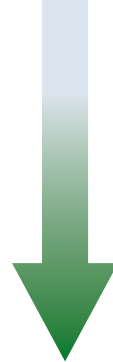


# Meal planner and diary **Week 5**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
Limit your intake of alcohol if you choose to drink. It's very energy dense and can contribute to weight gain.



**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.

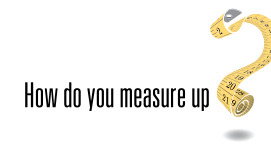
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner 6

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

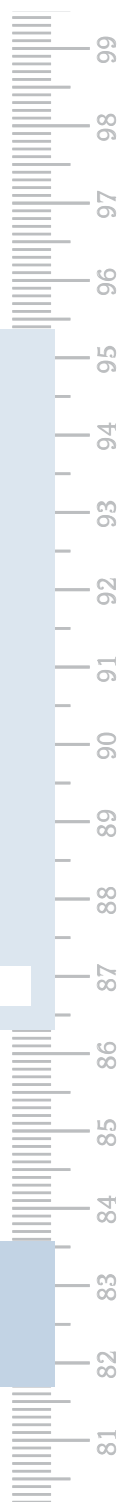
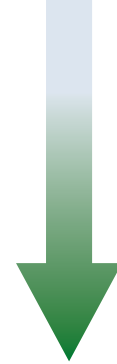
Seeing progress? One way to make sure of it is by wearing a pedometer on your hip. It tells you exactly how many steps you're taking. Use this to motivate you to keep increasing your daily walks. Thirty minutes of walking is about 3,000 steps. Are you moving enough to bring up the tally?

**Total steps taken this week:**

**Total minutes this week:**

**Note:**

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 6**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											



**Tip:**  
 Keep your diet varied so you don't get bored. Recipe ideas are available from [australia.gov.au/MeasureUp](http://australia.gov.au/MeasureUp). Look for things you haven't tried before at the supermarket. Consider a shift to brown rice, dried beans, Asian greens or fruit and vegetables that don't normally make it into your shopping basket. Add something different to your shopping list now!

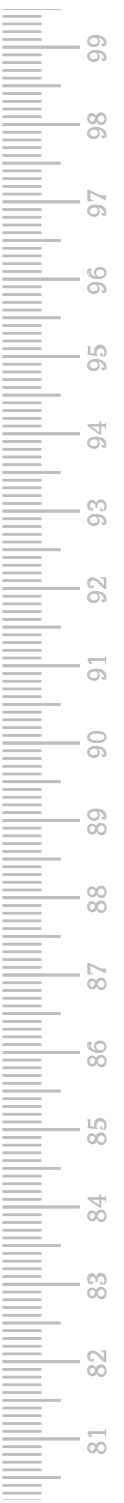
**Note:**

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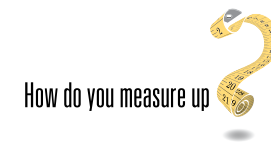
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 7**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

Consider buying or borrowing some cheap exercise equipment such as hand weights or a skipping rope. A fit ball or stretchy bands are also good options. You can even use pantry items like tinned vegetables as weights. Multi-task: Be active AND watch your favourite TV show.

### At home I'm going to use

for

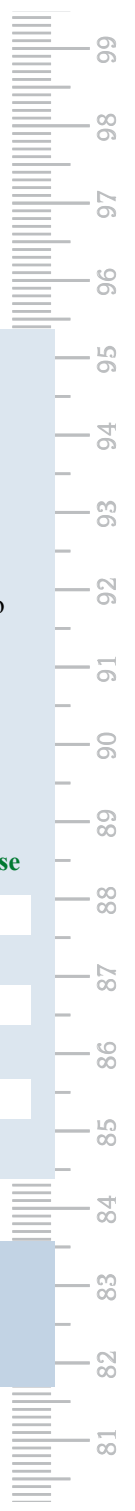
(minutes) at

(time).

Total minutes this week:

### Note:

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 7**

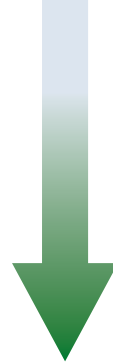
Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
Buy low fat and unsweetened foods, but choose carefully. Some foods advertised as “lite” or “fat free” may still be high in kilojoules. Read the nutritional label! The less processed the food, the better.

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



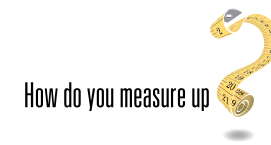
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 8**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

Put a pair of comfortable shoes in the car or at work. That way you'll always be ready for a walk or run.

Grab any opportunity – even if it's just 10 minutes – to take a brisk walk around the block.

## Times I could manage a quick walk:


Total minutes this week:

### Note:

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 8**

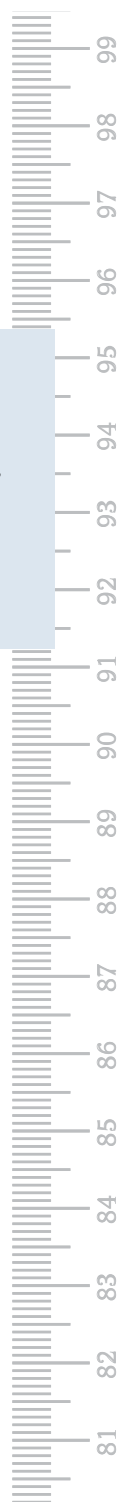
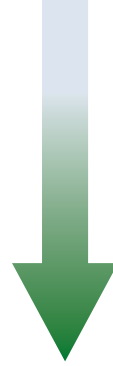
Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
When cooking meals at home, stick to grilling, steaming, stir-frying and microwaving rather than deep frying or prolonged boiling.

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



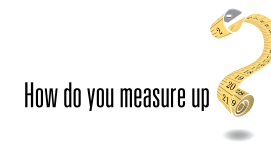
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 9**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

This week, make a point of walking the long way around work to the printer, canteen, fax machine, toilet or kitchen. Take the scenic route to the local shop.

Total minutes this week:

### Note:

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary 9

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
Add some zip to your salad with fresh lime juice, herbs and spices. Bought dressings are usually high in salt, sugar and/or fat.

**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.



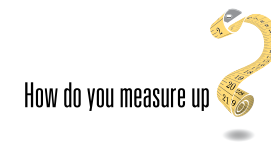
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 10**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

Get some physical activity – and some laughs – in your own lounge room by hiring an exercise DVD and involving the family or friends.

**We're watching the exercise DVD**

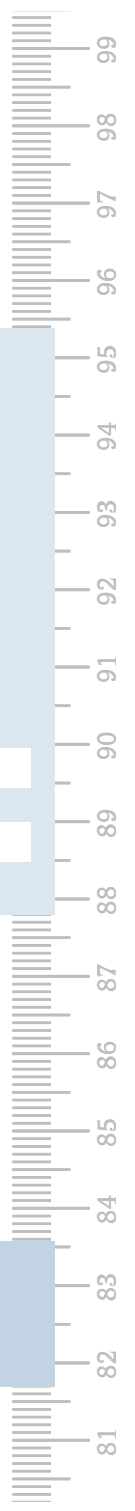
at

(time)

Total minutes this week:

**Note:**

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.



# Meal planner and diary **Week 10**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
 Be mindful of portion sizes, and don't overcrowd your plate – unless it's to add more green vegetables! Eat slowly and give yourself time to enjoy your meal before you start thinking about dessert!



**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.

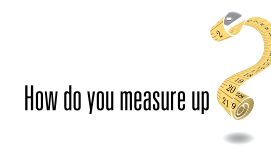
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



How do you measure up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 11**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Idea of the week:

Rediscover some childhood delights. Kick a ball around, jump on a trampoline, ride a bike, use a skipping rope or fly a kite. If you have children, get them involved.

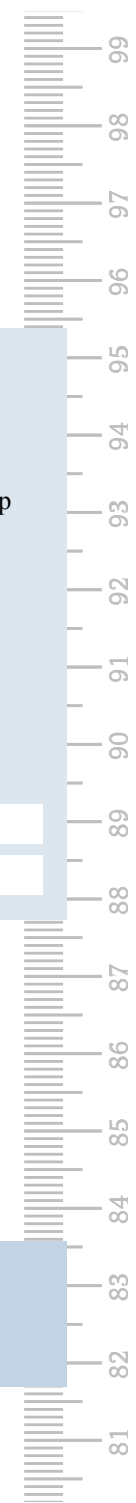
## My chosen childhood inspired activity is


Total minutes this week:

**Note:**

If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.

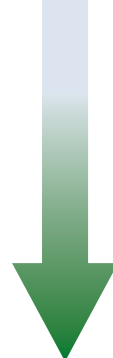


# Meal planner and diary **Week 11**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

**Tip:**  
Peckish? A piece of wholemeal bread or toast with a thin spread of avocado or low fat cream cheese is a great stop gap.



**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.

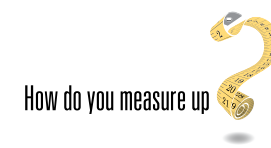
# Weekly shopping list

DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



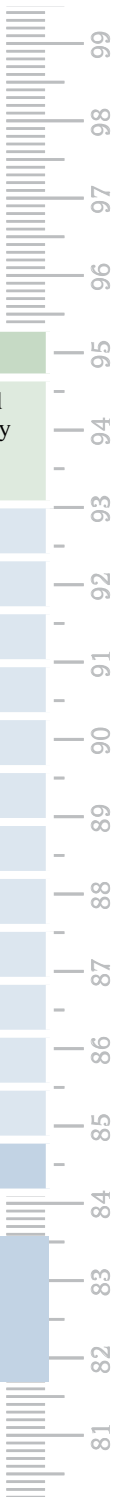
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink plenty of water?
Everyday physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 30 minutes of moderate intensity activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do some vigorous activity?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take the stairs instead of the lift?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get off the train or bus early and walk the rest of the way?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk to the shops or school?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk the dog, or the neighbour's dog?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (add your own incidental activity)
Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 5 serves of vegetables?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat 2 serves of fruit?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat some low fat dairy product or calcium-enriched soy product?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat lean meat, fish, legumes, eggs or nuts?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat wholegrain cereal, bread, rice, pasta or noodles?
Total (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# Activity planner **Week 12**

Keep a tally of your daily movement using this activity planner. Aim for at least 30 minutes of moderate activity each day. Remember that you can build up your 30 minutes (or more) of activity throughout the day by combining a few shorter sessions of around 10–15 minutes each. Make a note of your progress.

Date	Activity	Time taken	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



**Calculate your 12-week total!**

Add your weekly totals to find out how much physical activity you have done in 12 weeks. Keep it up!

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	
Week 9	
Week 10	
Week 11	
Week 12	
<b>TOTAL</b>	

**Total minutes this week:**

**Note:**

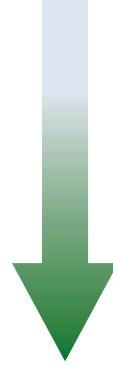
If you are pregnant, have been previously inactive or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.

# Meal planner and diary **Week 12**

Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could change or cut back on.

Date	Breakfast		Lunch		Dinner		Snacks		Drinks		Notes
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

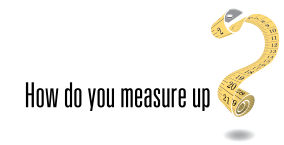
**Tip:**  
 Toast your progress so far with a smoothie treat. Blend fresh bananas or berries with low fat yoghurt and reduced fat milk. Cheers!



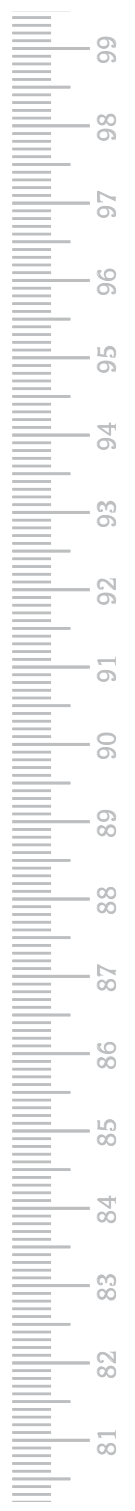
**Note:**

Weight loss during pregnancy is not usually recommended. If pregnant, you are strongly advised to seek medical advice (from your GP) before starting a weight loss program of any type.

# Weekly shopping list

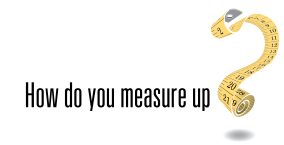


DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and eat them for breakfast, as snacks, as dessert and in smoothies.</p>	<p>Go for variety and colour – especially green! Buy enough for five serves per day.</p>	<p>Go for unprocessed options, like oats, pulses and hi-fibre cereals/wholegrain cereals. Beware breakfast cereals that are high in sugar and fat.</p>	<p>Leave juice and sweetened drinks off your list. Drink water instead.</p>	<p>Buy and use small amounts of polyunsaturated and monounsaturated oils for cooking. Polyunsaturated and monounsaturated oils include sunflower, grapeseed, olive and canola oils. Limit your intake of “sometimes” foods such as cakes, biscuits and chocolate.</p>



# Healthy checklist

How many boxes can you tick?



How do you measure up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast								Eat breakfast?
								Was it healthy? (eg fruit, yoghurt, natural muesli, wholegrain bread with low fat spreads)
Water								Drink plenty of water?
Everyday physical activity								Do 30 minutes of moderate intensity activity?
								Do some vigorous activity?
								Take the stairs instead of the lift?
								Get off the train or bus early and walk the rest of the way?
								Walk to the shops or school?
								Walk the dog, or the neighbour's dog?
								Other (add your own incidental activity)
Meals								Eat 5 serves of vegetables?
								Eat 2 serves of fruit?
								Eat some low fat dairy product or calcium-enriched soy product?
								Eat lean meat, fish, legumes, eggs or nuts?
								Eat wholegrain cereal, bread, rice, pasta or noodles?
<b>Total</b> (add up your ticks)								<b>My weekly total of ticked boxes is:</b> <input type="text"/> <input type="checkbox"/> 0–50: Need to try harder next week. <input type="checkbox"/> 51–90: Good work. Keep up your healthy lifestyle. <input type="checkbox"/> 91–105: Excellent!! You have a healthy lifestyle – keep it up!!



# How do you measure up

**Australian Better Health Initiative**  
A joint Australian, State and Territory government initiative.

