

Activity planner **Week 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:

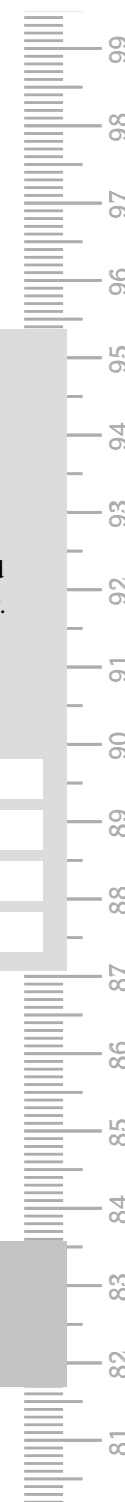
Avoid short trips in the car and walk or cycle instead. When riding public transport, get off a block or two early and walk the rest of the way.

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.



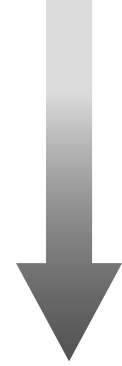
Meal planner and diary **Week 5**

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.

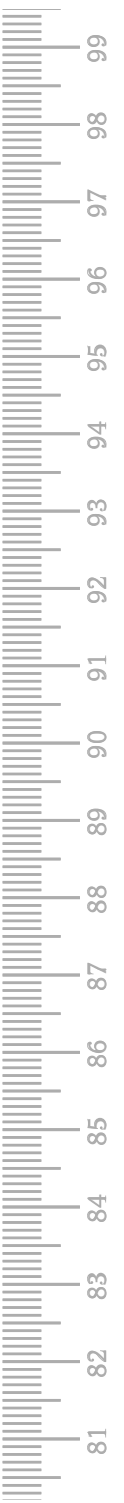


Note:

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.

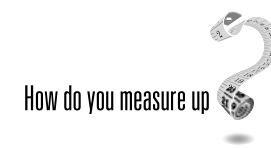
Weekly shopping list

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>

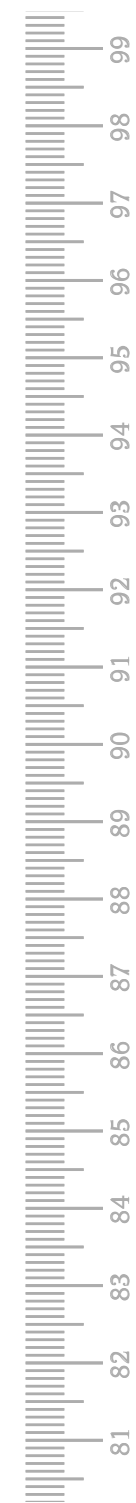


Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast								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?
Total (add up your ticks)								My weekly total of ticked boxes is: <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 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											
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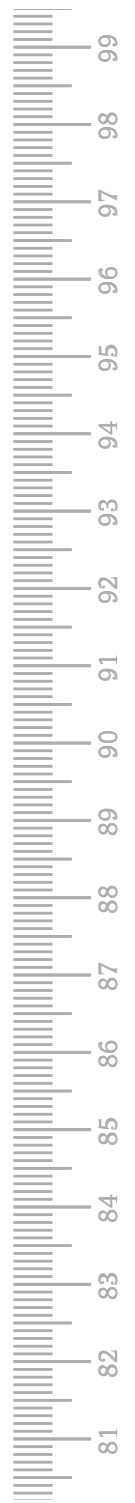
Tip:
 Keep your diet varied so you don't get bored. Recipe ideas are available from australia.gov.au/MeasureUp. Look for things you haven't tried before at the supermarket. Consider a shift to brown rice, dried beans, Asian greens or fruit and vegetables that don't normally make it into your shopping basket. Add something different to your shopping list now!

Note:
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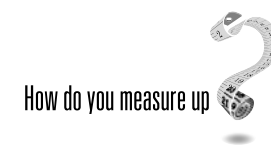
Weekly shopping list

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>

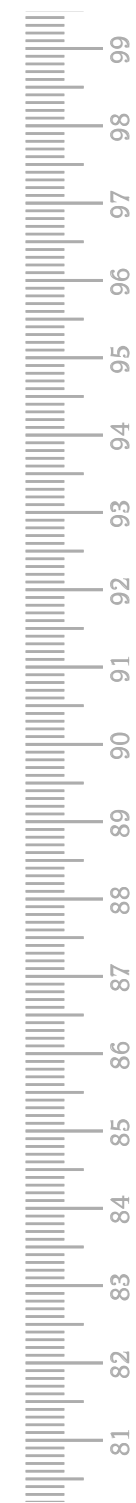


Healthy checklist

How many boxes can you tick?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast								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?
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								Walk the dog, or the neighbour's dog?
								Other (add your own incidental activity)
Meals								Eat 5 serves of vegetables?
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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**

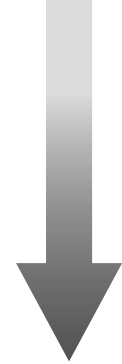
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Wednesday											
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Tip:
Buy low fat and unsweetened foods, but choose carefully. Some foods advertised as "lite" or "fat free" may still be high in kilojoules. Read the nutritional label! The less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

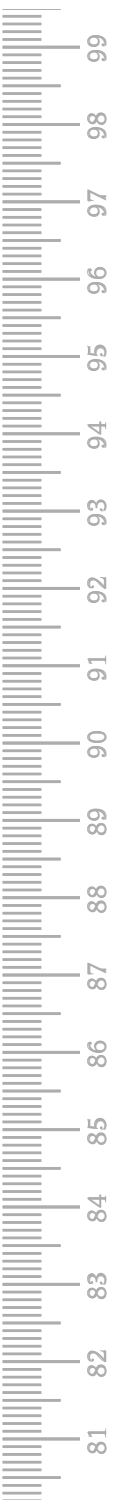
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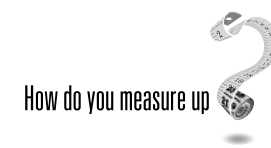
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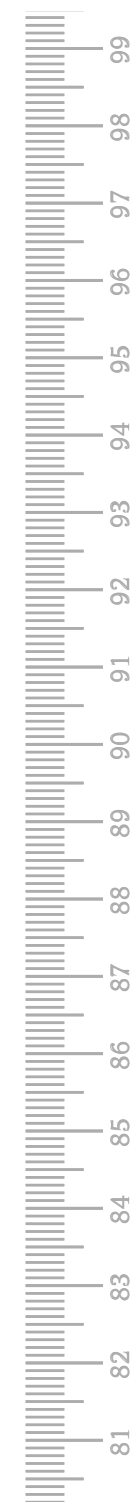


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Activity planner **Week 8**

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Tuesday			
Wednesday			
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Friday			
Saturday			
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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.

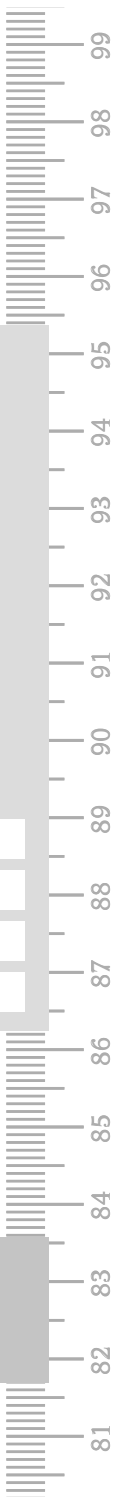
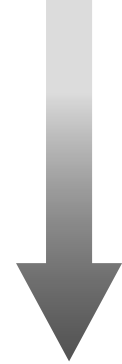
Grab any opportunity – even if it's just 10 minutes – to take a brisk walk around the block.

Times I could manage a quick walk:

Total minutes this week:

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Meal planner and diary **Week 8**

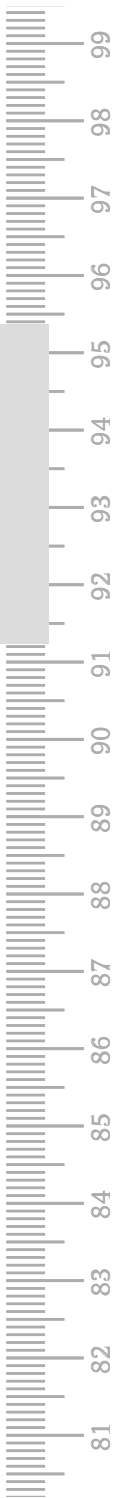
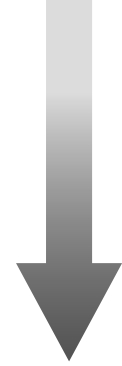
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Tip:
When cooking meals at home, stick to grilling, steaming, stir-frying and microwaving rather than deep frying or prolonged boiling.

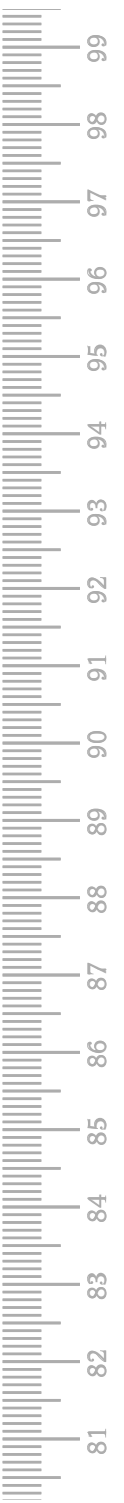
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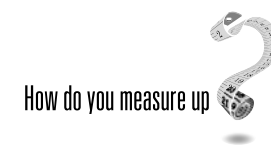
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