

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			

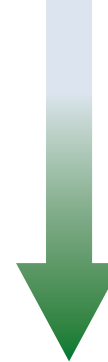
Idea of the week:

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 **Week 9**

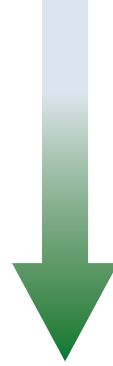
Are you eating to plan? Planning your meals makes it easier to stick to healthy food choices. Use this planner to design your meals for the week, and include a wide variety of nutritious foods. You can also record what you actually ate, to keep tabs on how you're going. Make a note of what you could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



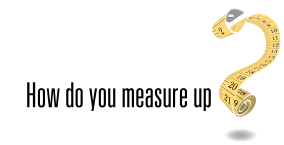
Weekly shopping list

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)								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 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

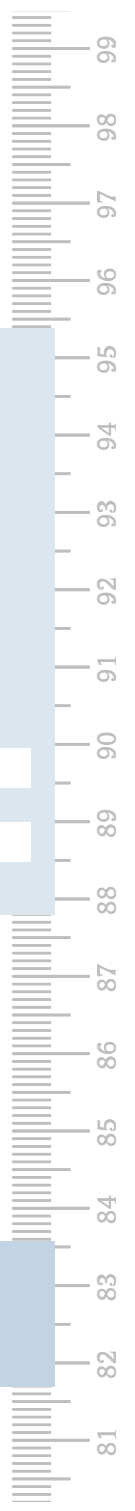
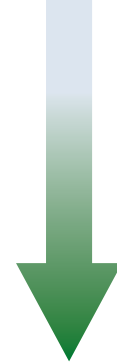
at

(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.

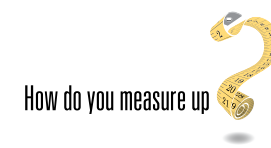
Weekly shopping list

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?



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Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
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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?
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	<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?
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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?
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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			
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Friday			
Saturday			
Sunday			

Idea of the week:

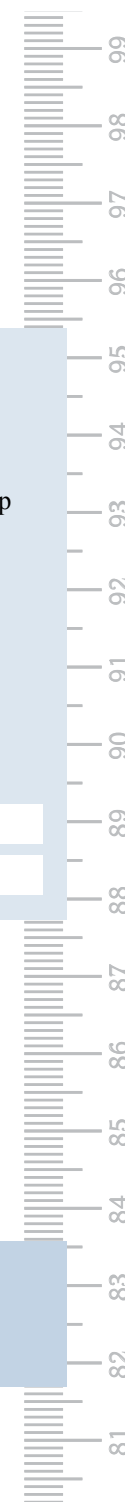
Rediscover some childhood delights. Kick a ball around, jump on a trampoline, ride a bike, use a skipping rope or fly a kite. If you have children, get them involved.

My chosen childhood inspired activity is

Total minutes this week:

Note:

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Meal planner and diary **Week 11**

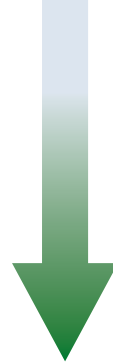
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	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

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:

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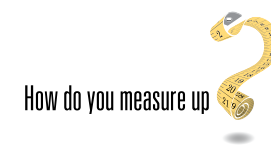
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Healthy checklist

How many boxes can you tick?



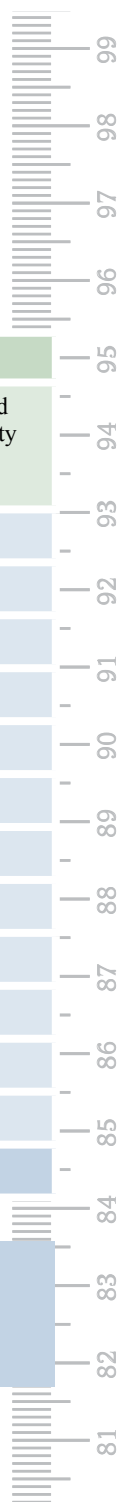
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Did you...
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat breakfast?
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	<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?
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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?
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	<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?
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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	
TOTAL	

Total minutes this week:

Note:

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Meal planner and diary **Week 12**

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	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

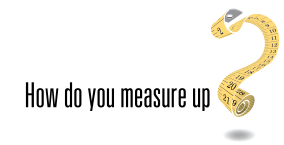
Tip:
 Toast your progress so far with a smoothie treat. Blend fresh bananas or berries with low fat yoghurt and reduced fat milk. Cheers!



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Weekly shopping list

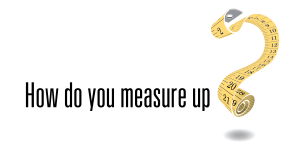


DAIRY	MEATS	FRUIT	VEGETABLES	GRAINS AND CEREALS	BEVERAGES	OTHER
<p>Choose low fat milk and yoghurt.</p>	<p>Buy lean meats and trim fat from meat at home. Limit processed meats like bacon and salami; they are high in salt and saturated fat.</p>	<p>Buy plenty of apples, oranges, berries and bananas and 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?
								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?
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How do you measure up

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

