

# Get Healthy checklist

Healthy habits checklist\* : Week \_\_\_\_

Daily checklist	Day							Weekly
Question	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL
How many serves of fruit did you eat?								
How many serves of vegetables did you eat?								
How many glasses of water did you drink?								
What other drinks did you have?								
How many 'sometimes' foods did you have?								
How many minutes of physical activity did you do?								

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