

Healthy habits CHART

Photocopy and fill in this chart each week to help keep you on track with creating and maintaining healthy habits.

WHAT TO AIM FOR?

Vegetables 3+ servings a day is a minimum, 5+ servings a day is better. A serving is one handful of vegetables.

Water 8-10 cups a day is a rough guide, but people's needs vary wildly. A good indicator you are drinking enough is that your pee is pale straw-coloured during the day.

Exercise Aim to be active for a least 30 minutes a day, however you may want to set a higher goal.

Sleep Most adults need around seven to nine hours.

WEEK ONE	M	T	W	T	F	S	S
Vege serves							
Cups of water							
Minutes of exercise							
Hours of sleep							

WEEK TWO	M	T	W	T	F	S	S
Vege serves							
Cups of water							
Minutes of exercise							
Hours of sleep							

WEEK THREE	M	T	W	T	F	S	S
Vege serves							
Cups of water							
Minutes of exercise							
Hours of sleep							

NEED HELP MAKING PROGRESS?

For vege-packed meal ideas, check out our recipes at healthyfood.co.nz/recipes

For tips on hydration, sleeping well and keeping active, check out our articles at healthyfood.co.nz/advice

For individualised health and nutrition advice to support your goals, contact your GP or a registered dietitian or nutritionist.