



WORKSHEET 2

HEALTHY LIFESTYLE

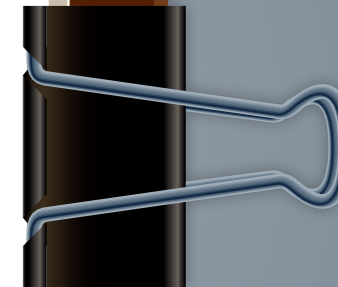
How well do you know your lifestyle?

Over the next week, write your daily activities into this Healthy Lifestyle Plan (start on today's day).

MY HEALTHY LIFESTYLE PLAN

		MON	TUE	WED
Exercise	<i>Walk to school (15 mins) Walk home (15 mins) Football training (1 hour)</i>			
Diet	<i>Breakfast - Cereal Recess - Yoghurt and a banana Lunch - Vegemite sandwich and juice Afternoon Snack - Muesli bar Dinner - Spaghetti and meatballs Dessert - Ice cream Drinks - 2 litres of water</i>			
Sleep	<i>Went to bed at 9pm Woke up at 7am (10 hours)</i>			
Leisure	<i>Go on the computer (30 mins) Read a book (30 mins) Guitar practice (30 mins)</i>			

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MY HEALTHY LIFESTYLE PLAN CONTINUED

	THUR	FRI	SAT	SUN
Exercise				
Diet				
Sleep				
Leisure				

Which of the lifestyle areas are balanced in your life?

Which lifestyle area needs the most improvement?

What activities are you going to do to assist in a balanced lifestyle?

