



# **My Health Action Plan**

for looking after my weight

# My Health Action Plan

**Name:**

**Date plan started:**

Healthy eating

## Fruit and vegetables



What I was eating before  
the course

What I am going to eat  
now

# Healthy eating

**Rice, potato, pasta,  
bread and cereals**



**These are called  
starchy foods**

What I was eating before  
the course

What I am going to eat  
now

Healthy eating

**Milk and dairy  
foods**



**Dairy is foods such  
as cheese and  
yoghurt**

What I was eating before  
the course

What I am going to eat  
now

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Healthy eating

**Protein foods**



**These are foods  
such as meat, fish,  
eggs, beans and  
pulses**

What I was eating before  
the course

What I am going to eat  
now

Healthy eating

**Fat**



What I was eating before  
the course

What I am going to eat  
now

Healthy eating

**Sugar**



What I was eating before  
the course

What I am going to eat  
now

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# My treat time



It is ok to eat foods like cakes, biscuits, chocolate and sweets but not every day. We should eat these foods as treats.



What I like to eat for a treat



When am I going to have my treat?

Healthy living

**Exercise**



What exercise I was doing before the course

What exercise I am going to do now



**My health checks**



**How well am I doing?**

# What is my body mass index?



Your body mass index is your weight and your height



If your body mass index is less than 19 you are underweight



If your body mass index is between 19 and 25 you are a healthy weight



If your body mass index is over 25 you are overweight

Date	BMI	Date	BMI



# My body shape



The size of your waist shows how healthy you are



For a woman your waist size is ok if it is under 31.5 inches or 80 centimetres (cms)



For a woman your waist size is not ok if it is more than 31.5 inches or 80cms

**What size is my waist?**

Put your waist size in the box

**Date**

**Number**

**Date**

**Number**


# My body shape



The size of your waist shows how healthy you are



For a man your waist size is ok if it is under 37 inches or 94 centimetres (cms)



For a man your waist size is not ok if it is more than 37 inches or 94cms

**What size is my waist?**

Put your waist size in the box

**Date**

**Number**

**Date**

**Number**
