

# My Health Action Plan

for looking after my weight

## My Health Action Plan



Date plan started:

Healthy eating	What I was eating before the course	What I am going to eat now
Fruit and		
vegetables		

Healthy eating	What I was eating before the course	What I am going to eat now
Rice, potato, pasta, bread and cereals		
cereal		
These are called starchy foods		

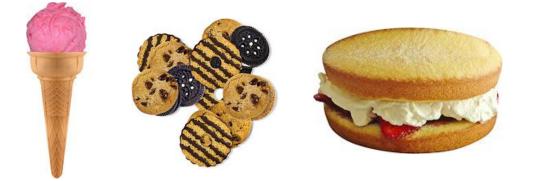
Healthy eating	What I was eating before the course	What I am going to eat now
Milk and dairy foods		
6582		
Dairy is foods such as cheese and yoghurt		

Healthy eating	What I was eating before the course	What I am going to eat now
Protein foods		
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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		

### 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	
Monday Tuesday	When am I going to have my treat?	

Healthy living	What exercise I was doing before the course	What exercise I am going to do now
Exercise		



## 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

	Date	Number	Date	Number
What is my weight?				
ENGLANT				

#### 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	Date	Number	Date	Number
is my waist?				
Put your waist size in the box				

#### 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	Date	Number	Date	Number
is my				
waist?				
Put your				
Put your waist size in the box				