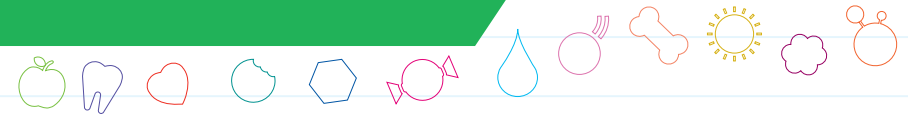




Complete?



# Task Diary

Complete?



This diary is to help you keep track of your health tasks each week. Every time you get a new health task take note of it in your diary.

<b>Heart Health</b> 	Switch from full fat dairy products to the low fat variety.		
<b>Oral Health</b> 	Keep track of your tooth brushing with your brush sticker.		
<b>Cancer</b> 	If you are a smoker, decide on a date to give up. If you have any questions or concerns about your cancer risk contact your GP for more information.		
<b>Diabetes</b> 	Try cutting down on fatty foods this week e.g. use less butter on bread, potatoes etc.		

<b>Personal Hygiene</b> 	Keep track of your daily hygiene routine using your door hanger.		
<b>Smoking</b> 	If you are a smoker, decide on a date to give up. Make contact with any support you may need, for example your GP.		
<b>Alcohol</b> 	If you drink alcoholic drinks try swapping them for alcohol free versions.		
<b>Strong Minds</b> 	Take some time this week to practice strong breathing to help you feel relaxed.		



### Complete?

Yes No



### Module

### Task

#### Healthy Eating



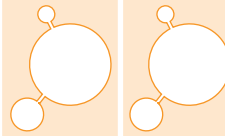
Keep a food diary for the next week.



#### Carbohydrates



Switch from white bread, pasta and rice to wholemeal.



#### Fruit & Veg



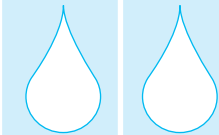
Eat an extra portion of fruit/vegetables each day this week.



#### Dairy



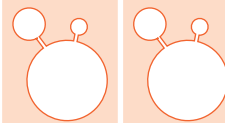
Try using low fat milk, cheese and yogurt instead of full fat.



#### Protein



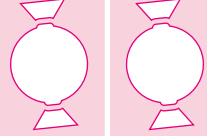
Eat one portion of oily fish this week – salmon, mackerel, tuna.



#### Top Shelf



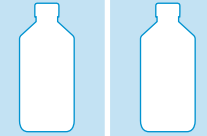
Cut down on your treats this week. Switch from 2 spoons of sugar in your tea/coffee to just one, have a treat-sized bar of chocolate instead of a regular one.



#### Hydration



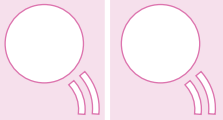
Start to drink more water, after 2 weeks you should aim to be drinking 2 litres of water a day.



#### Physical Activity



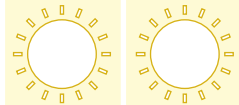
Try to meet your 30 minutes of physical activity every day this week.



#### Sun Safety



Use a face cream with a Sun Protection Factor (SPF) of 15 each day this week.



#### Bone Health



Try to include some weight bearing exercises this week.

