

Active

Spend a few minutes a day for a week to write down when you're active (remember every ten minutes of activity counts).

Day	Type of Activity	Time spent in minutes
1		
2		
3		
4		
5		
6		
7		

At the end of the week, look back over your log and answer the following questions:

Were you active everyday	
Yes	
No	

Did anything stop you from being active?

Were most of the activities you did gentle or more energetic?

What do you do to work up to at least 150 minutes a week of activity that makes you feel warmer, breathe harder and makes your heart beat faster than usual

Set yourself an activity goal over the next month. make sure its measurable and you set yourself a date to complete it by.

Example: I will take the dog for a walk four times a week. I will sign up for football and go every week.

Eating habits

Take a few minutes a day for a week to track if your eating enough fruit and veg and see if the foods your eating are high in salt or saturated fat.

Day	How many portions of fruit/ veg did you eat	Check labels. What foods did you eat that were high in saturated fat?	Check labels:What foods did you eat that were high in salt?
1			
2			
3			
4			
5			
6			
7			

Look back at the last week, what changes can you make and stick to?

Example: I will take the dog for a walk four times a week. I will sign up for football and go every week.

Set yourself a goal that helps you move towards a healthier heart. Put a number to it and choose a date to complete it.

Example: I will eat five portions of fruit and veg every day for the next week.

Blood pressure

Take a few minutes every day for a week to find some areas that you could change to help lower your blood pressure.

Day	Check labels: What foods did you eat this week that said they were high (red) for salt	Get a move on: Make a note of any time your active- anything from walking or gardening to swimming or team sports	Think about drinks: Make a note of any alcoholic drinks you have
1			
2			
3			
4			
5			
6			
7			

At the end of the week, go over what you did and answer these questions:

Did you eat a lot of salty foods during the week?	
Yes	
No	

Were you active everyday?	
Yes	
No	

Did you drink more than a standard glass of wine, pint of larger or 2 measures of spirits in one day	
Yes	
No	

Choose an area that you're going to tackle to help lower your blood pressure. Then set yourself a goal and choose a date to complete it by.
Example: I will check food labels at the supermarket and if something has a red label for salt i will try and find something with an orange or green label.

Cholesterol

Take a few minutes a day for a week to find some areas you could change to help keep your cholesterol low and your heart healthy

Day	How many portions of fruit and veg did you eat?	Check labels: What foods did you eat this week that said they were high (red) in saturated fat?	Get a move on: Make a note of any time your active- anything from walking or gardening to swimming or team sports
1			
2			
3			
4			
5			
6			
7			

At the end of the week, go over what you did and answer these questions:

Did you eat a least five portions of fruit or veg everyday?	
Yes	
No	

Did you eat a lot of foods high in saturated fat during the week?	
Yes	
No	

Were you active every day?	
Yes	
No	

Choose an area that you're going to tackle to help lower your cholesterol. Then set yourself a goal and choose a date to complete it by.

Example: I will eat five portions of fruit and veg every day for the next month.