



Sally Symonds
Healthy Life Mentor

Healthy Habits History

| Week | HABIT | MON | TUE | WED | THUR | FRI | SAT | SUN | RESULT |
|------------|-----------------------|-----|-----|---------|------|---------|-----|-----|------------------|
| Eg: | 5 servings vegetables | ✓ | ✓ | ½ Serve | ✓ | ½ Serve | ✓ | ✓ | 6/7 Very good |
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |
| 6 | | | | | | | | | |
| 7 | | | | | | | | | |
| 8 | | | | | | | | | |