



Healthy hearts tracker

NAME:

MONTH:

WEEK:

MONDAY

FRUIT & VEG

EXERCISE

TUESDAY

FRUIT & VEG

EXERCISE

WEDNESDAY

FRUIT & VEG

EXERCISE

THURSDAY

FRUIT & VEG

EXERCISE

FRIDAY

FRUIT & VEG

EXERCISE

SATURDAY

FRUIT & VEG

EXERCISE

SUNDAY

FRUIT & VEG

EXERCISE

WHAT HAVE I LEARNT ABOUT
SUGAR, SALT AND FAT THIS
WEEK?

FRUIT & VEG

MY WEEKLY TOTALS

EXERCISE