Style Acre	
Supporting people with learning disabilities	

Healthy habits tracker

NAME:	
MONTH:	
WEEK:	



I ATE FOODS ALL COLOURS OF THE RAINBOW TODAY



TWTFS



I ATE A BALANCED DIET TODAY (THE EATWELL PLATE)





I DID HALF AN HOUR OF WALKING TODAY





I DID SOMETHING THAT MADE ME SWEAT OR MAKE ME OUT OF BREATH TODAY





MY SNACKS TODAY WERE
ALL HEALTHY





MY FOOD TODAY WAS LOW IN SUGAR AND SALT





I DID SOMETHING THAT STRENGTHENED MY MUSCLES TODAY





I DID SOMETHING TODAY
TO STRETCH MY
MUSCLES

