

The Super 7

1



Drink Water
Instead of Juice or Soft Drink

2



Eat Breakfast Every Day

3



Eat Together as a Family Once a Day — Without the TV Being On!

4



Be Physically Active for an Hour a Day

5



Keep Screen Time (TV, DVDs, Computers, Small Screens!) to Less than Two Hours per Day

6



Get plenty of Sleep Each Night
(under 12 years - get 10-12 hours a night,
over 12 years - get 8-10 hours a night)

7



Weigh Yourself Once a Week and Record it in a Notebook

Weekly Weights Record

An activity idea to help the whole family 'Blast Off!' to better health.

Record the weights of yourself and family members every week to track the effectiveness of your healthy lifestyle!

Date	Child	Parent / Carer 1	Parent / Carer 2	Other	Other

