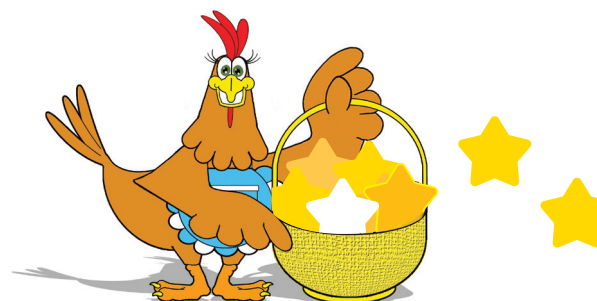




ProGress chart



SESSION	HOMELINK	PUPIL												
1	I drank water after being active this week													
	My physical activity this week													
	I did some more physical activity instead of spending time in front of a screen this week													
2	I tried a new fruit and/or vegetable this week													
	Give an example of a yummy meal and drink you enjoyed this week													
3	I look after my teeth													
	Complete the toothbrushing diary (before bed, in the morning)													
4	I had a healthy snack													
	I tried a different green snack this week													
5	I had about 12 hours of sleep each night (chart)													
	I had breakfast when I got up (chart)													

Key

Tick/Smiley Face/Chosen colour	Complete
Blank	Incomplete