

SWANSEA PEOPLE FIRST

Peer Health Advocacy Project

An Organisation of and for People with Learning Disabilities



GOOD HEALTH FOR ALL!

SWANSEA PEOPLE FIRST

Weekly Goal Chart



Helping you on the
road to being
healthy and well



Have you been active today?



Try getting up and
walking at least
once every half an hour
and aim for
30 minutes exercise
5 days a week

If the answer is Yes:
Tick the Box



Be Honest!



**Have you eaten
healthily today?**

**You should aim for
5 pieces of fruit
and veg a day
but try to eat
at least 2**



If the answer is Yes:
Tick the Box



Be Honest!



**Have you drunk
enough water today?**



**You should drink up to
2 litres but you should try
to drink at least 2 glasses
of water per day.**

If the answer is Yes:
Tick the Box



Be Honest!



**Have you resisted
temptation today?**



**Have you resisted the
urge to eat or drink
something unhealthy today?
These are OK once in a while
but not all the time**

If the answer is Yes:
Tick the Box



Be Honest!

**Tick the boxes on your
sheet each day
if you have done the things
we have talked about**

Aim for 4 ticks a day



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Is Supported By:

