

Each week it would be helpful to sit down with your family and rate yourself out of 10 on each of the below tips. This will then help you to set your goals.

W82GO WHOLE FAMILY TOP TIPS AND GOALS		Week:						
		1	2	3	4	5	6	7
1	ESTABLISH REGULAR MEAL TIMES. <ul style="list-style-type: none"> • Eat breakfast everyday • Eat 3 right size meals and 2 small snacks every day • Eat together as a family 							
2	BE TREATWISE: <ul style="list-style-type: none"> • Treat free most days 							
3	DRINK YOUR WAY TO GOOD HEALTH: <ul style="list-style-type: none"> • 6-8 drinks everyday. • Drink mostly water (at least 2 litres daily) 							
4	CHOOSE 7 A DAY <ul style="list-style-type: none"> • 7 portions fruit or veg everyday • One portion fits into a child's hand. 							
5	IMPROVE SLEEP ROUTINES. <ul style="list-style-type: none"> • 9-11 hours sleep per night • Screen free bedrooms • NO food / drink an hour before bed. 							
6	ACTIVE FUN, PHYSICAL ACTIVITY 60 MINUTES EVERYDAY. <ul style="list-style-type: none"> • This can be broken down into smaller chunks of time during the day • E.g. outdoor play (with social distancing where necessary), indoor games, cycling, scooter, ball games, dancing, skipping 							
7	MAKE ACTIVITY PART OF THE EVERYDAY ROUTINE. <ul style="list-style-type: none"> • Help with household chores • Help with gardening 							
8	TRY TO REDUCE SCREENTIME <ul style="list-style-type: none"> • Take regular breaks from screens • Write a list of fun activities that can be done without a screen in order to decrease boredom e.g. playing with a pet, drawing/painting, making dens, dancing 							
9	MAKE CHANGES FOR THE WHOLE FAMILY <ul style="list-style-type: none"> • Set family goals every week. Pick the day and time you are going to do this. • Everyone in the family to get involved in healthy changes. 							
10	HAVE FUN. E.g. <ul style="list-style-type: none"> • Doing meal prep together • Playing board games as a family • Arts and crafts with family 							

	<ul style="list-style-type: none">• Reading together							
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