|  |  |  |  |
| --- | --- | --- | --- |
| **LIVING SMART My Healthy You Report Card** ­­­­­­ | | | |
| **HEALTHY YOU AREA** | **Progress**  (in the last year) | **Achievement**  (compared to your ideal) | **Comment on strengths, areas for improvements and goals.** |
| **DIET** |  |  |  |
| Think about – what are you eating? When? How much? Local produce? Amount of fruit and vege? Variety in diet? Eating whole foods not those with additives or genetic modification? Organic foods? Breakfast? Amount of meat eaten? | | |
| **EXERCISE** |  |  |  |
| Think about exercise and activity? Exercise for heart and lung? Strength? Flexibility  Relaxation? | | |
| **SOUL HEALTH** |  |  |  |
| Think about time? Stress levels and coping strategies? Ways to relax and de stress? Mindfullness? | | |  |
| **A FINAL COMMENT FROM YOUR FRIEND** | | | |