

WEEKLY HEALTH PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK	SERVES						EXERCISE
MON											
TUES											
WED											
THUR											
FRI											
SAT											
SUN											

GOAL FOR THE WEEK:

DAILY MOVEMENT GOAL

Aim for 30+ minutes of moderate intensity physical exercise each day

DAILY SERVES

= 2 = 5 = 2-3
 = 3-6 = 2-3 = 8



#HEALTHIER TOGETHER



Queensland
Government