

My name is



My birthday is



My telephone number is



My supporter / carer's name is



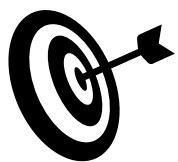
My supporter / carer's telephone number is



My favourite food is



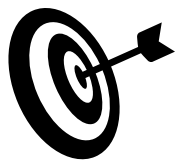
My favourite activity is



Goal 1



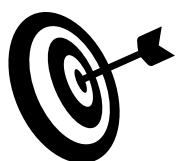
Treat 1



Goal 2



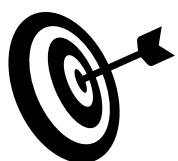
Treat 2



Goal 3



Treat 3



Goal 4



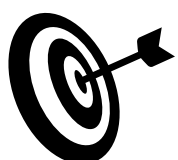
Treat 4



Goal 5



Treat 5



Goal 6

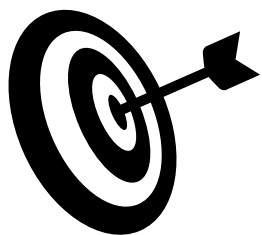


Treat 6



When I finish 6 my Big Treat is





What is my goal?



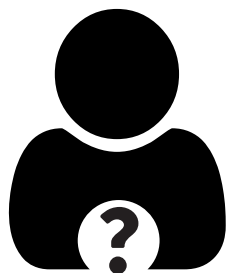
What will I do to reach my goal?



Where?



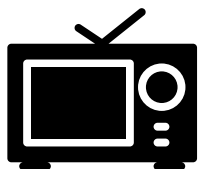
When?



Who will be there?

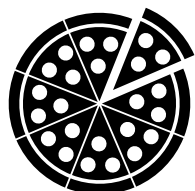


How often?



Don't sit in front of the TV too much,
as this can be unhealthy

Why?



If you sit still in front of the TV, your body
doesn't use as much energy and you might be
tempted to eat more

Instead you could try



Going for
a walk



Dancing



Going for
a swim



Walking the dog



Joining an
Activity Group
and meeting
friends



Playing football



Playing bowling



Playing boccia



Doing some
housework



Doing some
gardening