



# MY CHECK-IN

name: \_\_\_\_\_

Following the “check-in” guide, make a note of where you think you are at for each of the areas below, right now. Then “check-in” at the end of the Zespri Young and Healthy Virtual Adventure to see if you’ve noticed any changes

	<b>Before</b> Date: _____	<b>After</b> Date: _____
Do I do 60 mins of activity at least 3 days a week? How did I go with these check-ins? Back Scratch Mind your Middle Sit & Reach Sit or Squat Balance Wall or Floor Press		
Do I get a good night of sleep most of the time? (About 9-10 hours is good)		
Do I drink enough water most days (about 5-9 cups is good)?		
Most days, do I eat at least; <ul style="list-style-type: none"> <li>• a couple of servings of fruit</li> <li>• up to 5 servings of veges.</li> </ul>		
Do I spend 2 hours or less on a device each day (less is better)? <small>Replace it with getting outside in nature, reading or playing a game!</small>		
Do I take moments to be mindful or do deep belly breathing, if I need them to calm or energise me?		
I don't each much sugary or fatty snack (“sometimes”) food (e.g chippies, sweets, soft drinks etc) each day. <b>1 serving a day is good to aim for</b>		