



active
healthy me

Participant Worksheet Booklet

Name:



My Commitment Form

I will **actively participate** in the Active Healthy Me Programme.

Name: _____

These are the **benefits** I would like to get from regular exercise:

Write/draw your benefits in the box's below:



This person is going to **support me** during the programme to achieve my goals:

Name _____ Signature _____

Each time you achieve your weekly goal remember to colour in or tick your star!



I achieved my goal in Module 1



I achieved my goal in Module 4



I achieved my goal in Module 2



I achieved my goal in Module 5



I achieved my goal in Module 3



I achieved my goal in Module 6

This Goal Setting Plan belongs to: _____

Module 1

What one thing will you do this week to be more active?

Did you achieve your goal?
If yes, what did you do? If no, why do you think you didn't achieve it and what can you try doing differently to achieve it?

Module 2

What one thing will you do every day to help you stay hydrated?

Did you achieve your goal?
If yes, what did you do? If no, why do you think you didn't achieve it and what can you try doing differently to achieve it?

Module 3

Find out the details of ONE activity that is happening in your local community



Activity Name:



Where?



When?



Time?



Cost?



Is it accessible to all?

Did you achieve your goal?

If yes, what did you do? If no, why do you think you didn't achieve it and what can you try doing differently to achieve it?

Module 4

What one thing will you do every day this week to eat healthier?

Did you achieve your goal?

If yes, what did you do? If no, why do you think you didn't achieve it and what can you try doing differently to achieve it?

Module 5

What one food will you try this week to help you eat healthier?

Did you achieve your goal?

If yes, what did you do? If no, why do you think you didn't achieve it and what can you try doing differently to achieve it?

Module 6

How do you plan on keeping active and healthy after completing this programme?

What activity did you find out about in your local community?

When would you like to start this activity?

PHYSICAL ACTIVITY PYRAMID

BEING SEDENTARY DURING YOUR LEISURE TIME

- Watching TV
- Playing on the computer
- Other

Cut
Down
On



EXERCISE

- Swimming
- Cycling
- Dancing
- Hiking
- Gym
- Ball games
- Other

2-5 Times
a Week



BEING ACTIVE DURING YOUR NORMAL ROUTINE

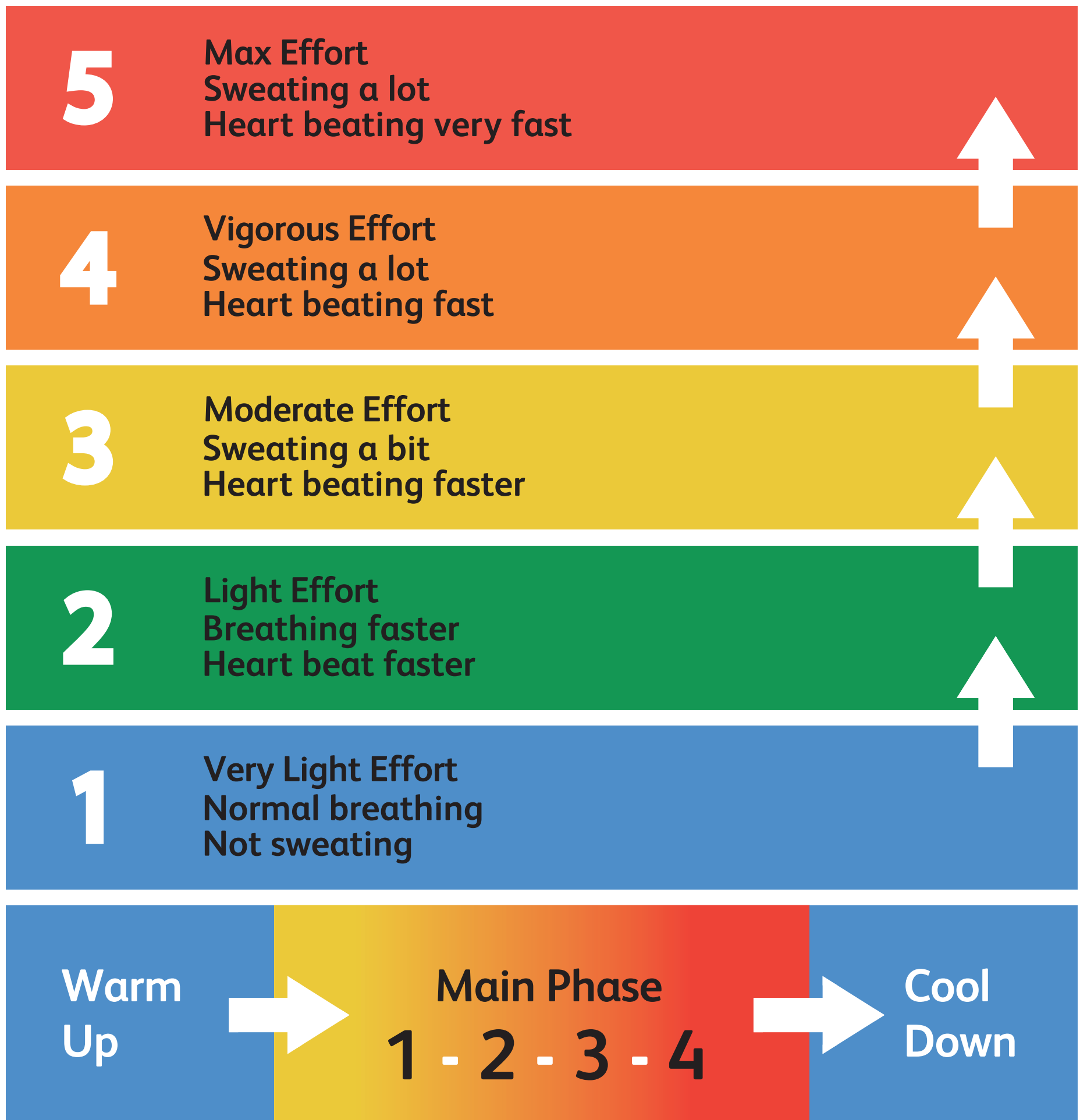
- Walk the dog
- Housework
- Gardening
- Other

Every Day



EXERCISE LEVEL

What Level Is Your Body Working At?



FOOD PYRAMID

**Eat
Less**

**Eat
Some**

**Eat
Lots**

