



12 Month Challenge



In 12 months you should be healthier, fitter and slimmer.

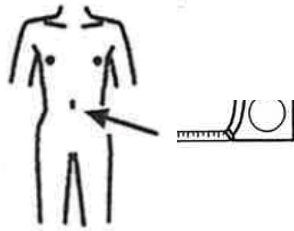
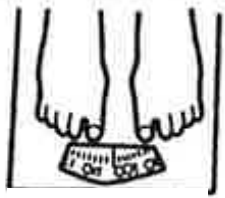


Each month has a new topic.

Learn about the topic.

Fill in this workbook.

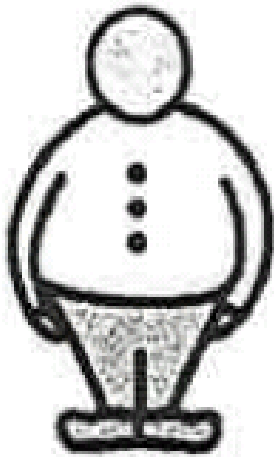




Being a good weight is healthy.
Having the right waist size is healthy.

If you are overweight losing even a small amount can make a big difference.

Some people are more than just overweight



Being Obese means you weigh far too much for your height

An obese person has:

- ◆ a lot of body fat.
- ◆ a big waist.
- ◆ More health problems like diabetes, heart disease, breathing and sleeping problems
- ◆ Problems walking and getting around



This workbook is to help you think about how to be more healthy



Keep a check on your weight and waist.

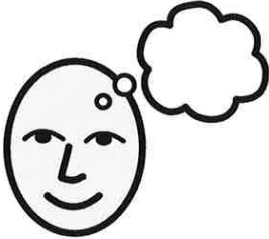
Get help from:

- Your Doctor
- Healthy lifestyle service
- NHS choices
- www.easyhealth.org.uk
- www.corecarestandards.co.uk/keeping-well

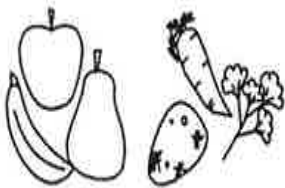




12 Month Challenge



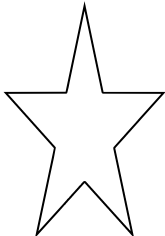
Think about what you do now.



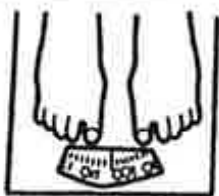
Make a change.



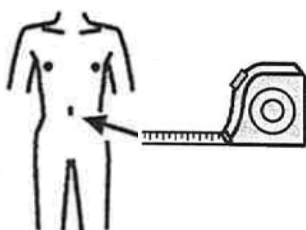
Carry on with your changes after 12 months.



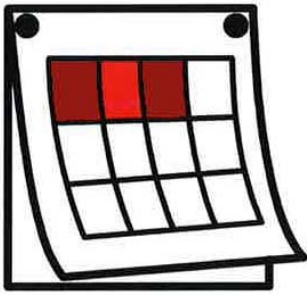
Every month check how well you have done.



My start weight is

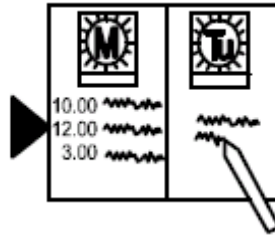


My start waist is

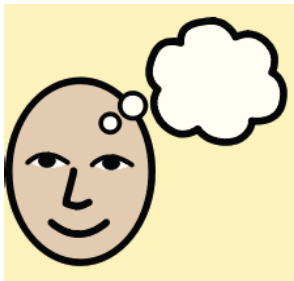


Month

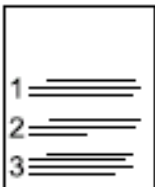
1



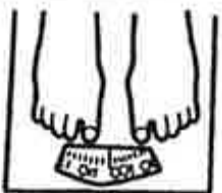
Move



What I do now

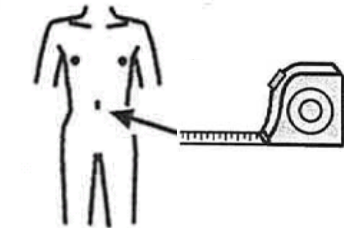


What I will do in Month 1



After month 1

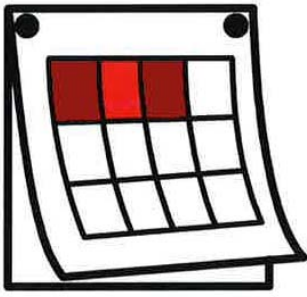
My weight is



My waist is

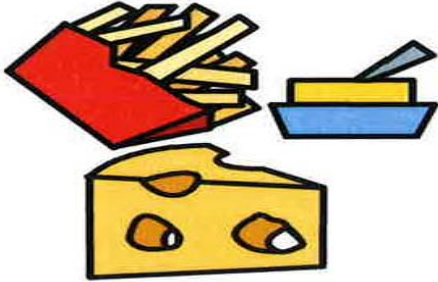


How did I do in month 1?

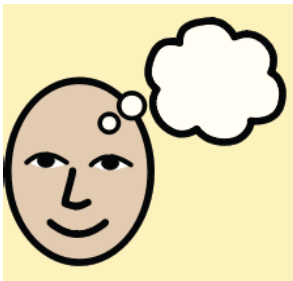


Month

2



Fatty food



What I do now

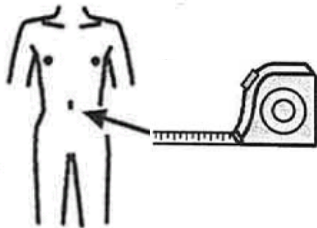


What I will do in Month 2



After month 2

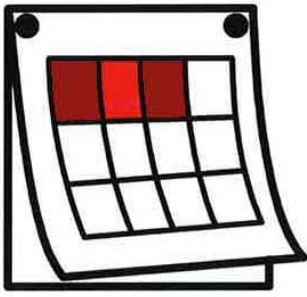
My weight is



My waist is

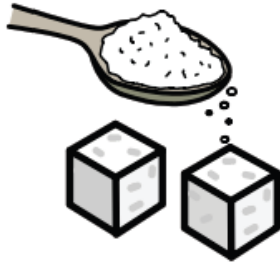


How did I do in month 2?

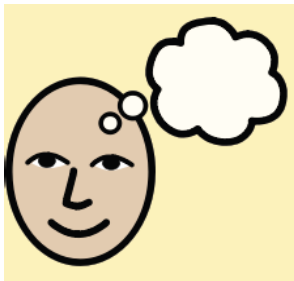


Month

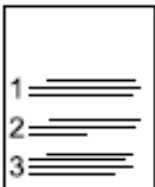
3



Sugary foods



What I do now

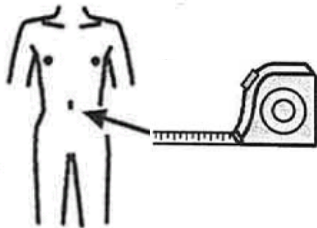


What I will do in Month 3



After month 3

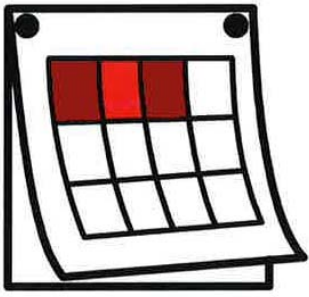
My weight is



My waist is

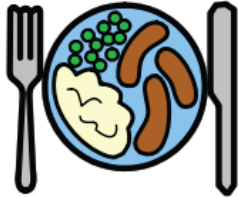


How did I do in month 3?

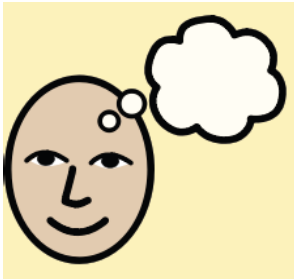


Month

4



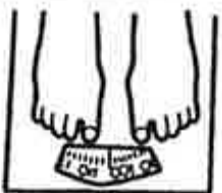
Portions



What I do now

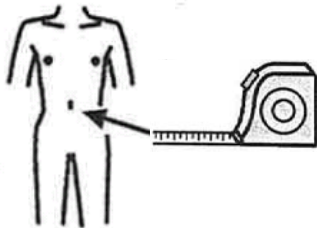


What I will do in Month 4



After month 4

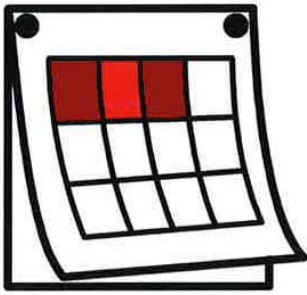
My weight is



My waist is



How did I do in month 4?



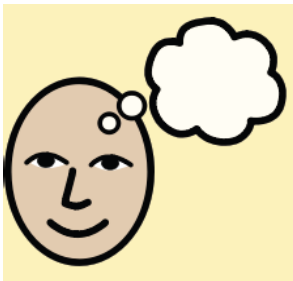
Month

5



Checking

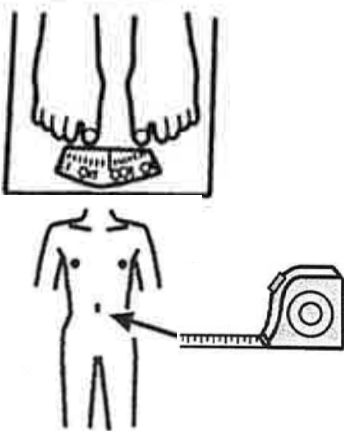
Food Labels



What I do now



What I will do in Month 5



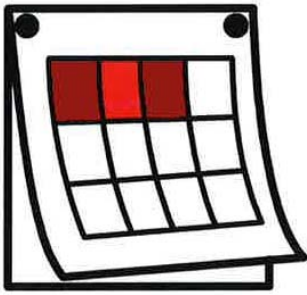
After month 5

My weight is

My waist is

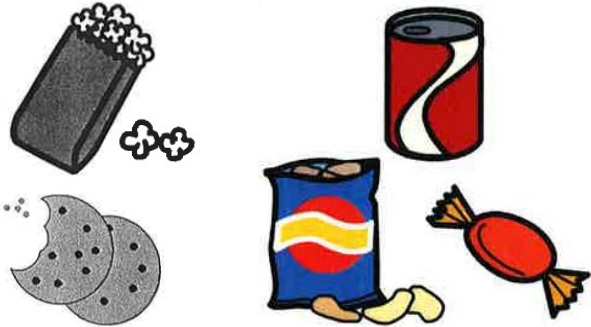


How did I do in month 5?

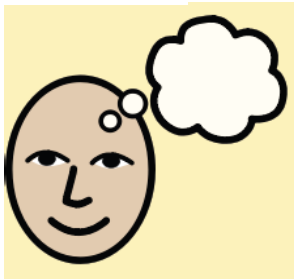


Month

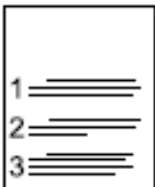
6



Snacks



What I do now



What I will do in Month 6



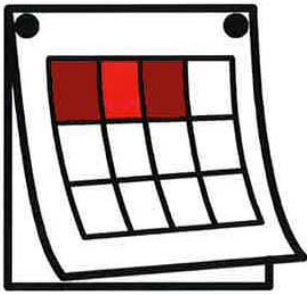
After month 6

My weight is

My waist is

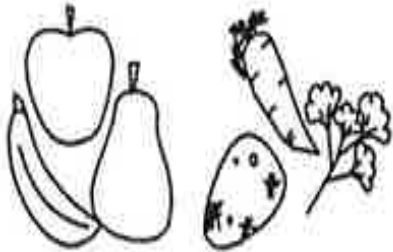


How did I do in month 6?

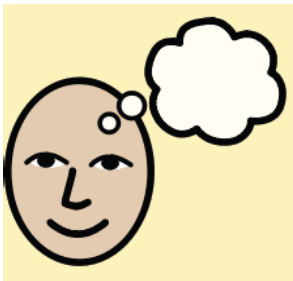


Month

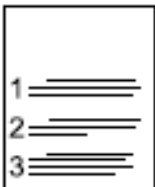
5 a day



Fruit & Veg



What I do now



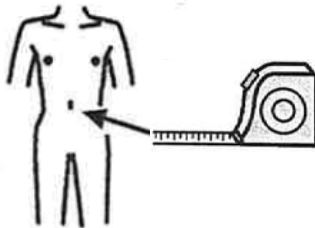
What I will do in Month 7



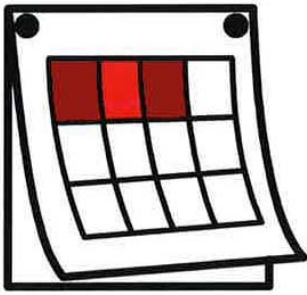
After month 7

My weight is

My waist is

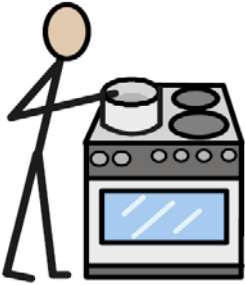


How did I do in month 7?

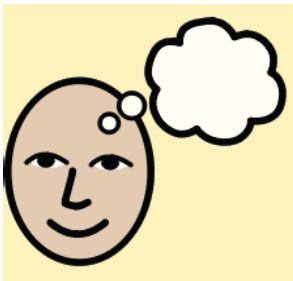


Month

8



Making food.



What I do now

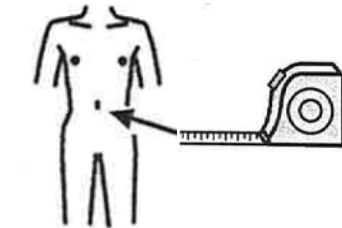


What I will do in Month 8



After month 8

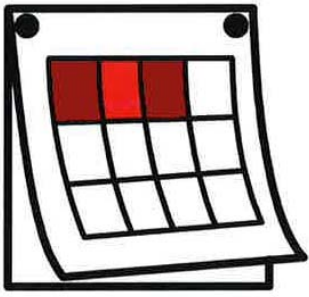
My weight is



My waist is



How did I do in month 8?

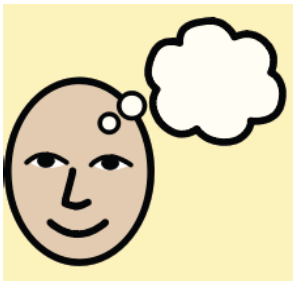


Month

9



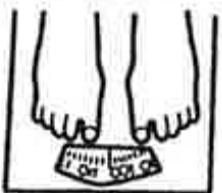
Drinks



What I do now

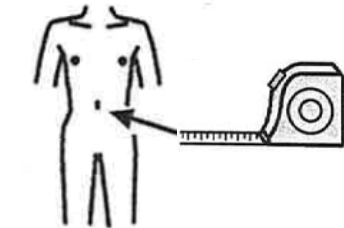


What I will do in Month 9



After month 9

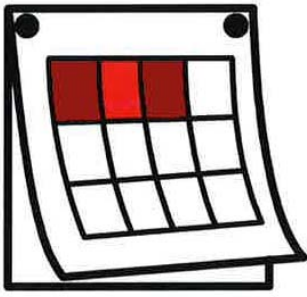
My weight is



My waist is



How did I do in month 9?

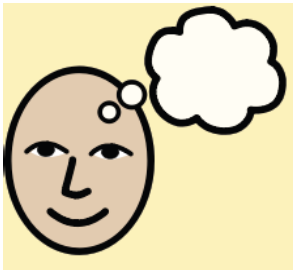


Month

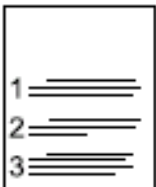
10



Lunchbox



What I do now



What I will do in Month 10



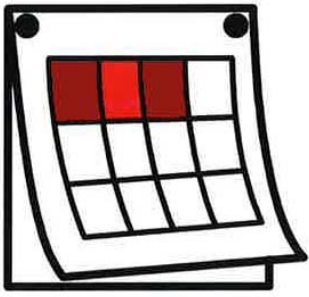
After month 10

My weight is

My waist is



How did I do in month 10?

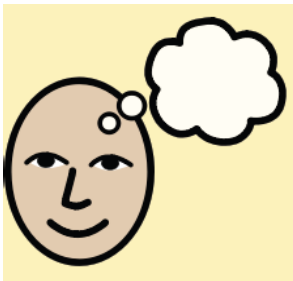


Month

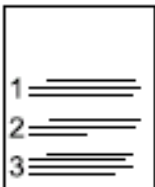
11



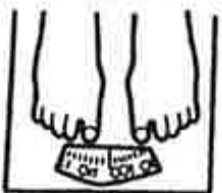
Salt



What I do now



What I will do in Month 11



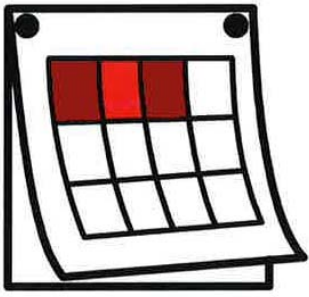
After month 11

My weight is

My waist is

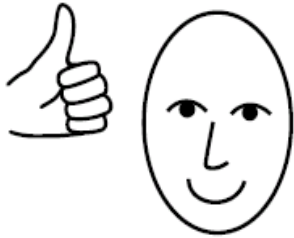


How did I do in month 11?

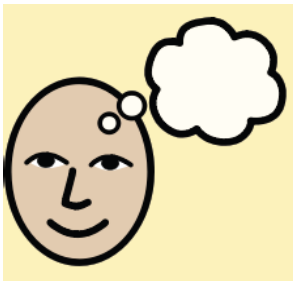


Month

12



Feeling good?



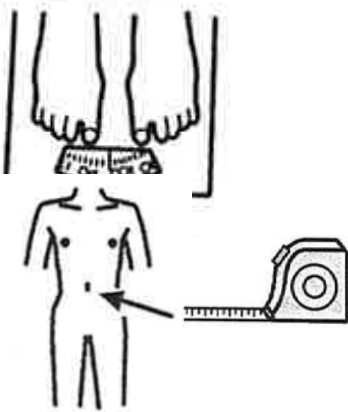
Think about your

Clothes

Skin



What I will do in Month 12



After month 12

My weight is

My waist is



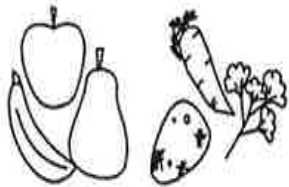
How did I do in month 12?



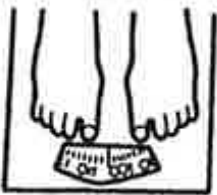
12 months



What I do now

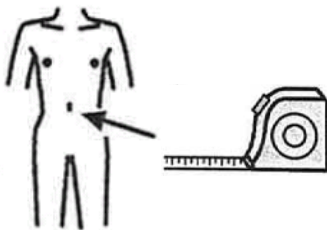


What did I do in 12 months



Weight month 1:

Waist month 1:



Weight month 12:

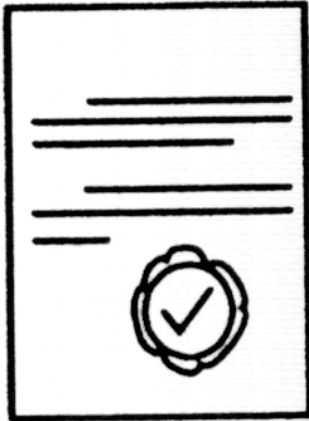
Waist month 12



How did I do in 12 months?

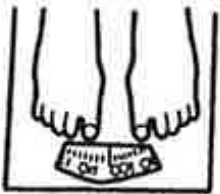


12 month challenge



Send this page to us if you have lost weight or waist.

We will send you a certificate.

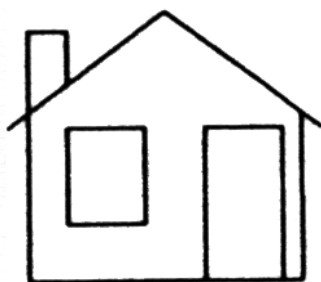


Weight month 1:

Waist month 1

Weight month 12:

Waist month 12:



Your name & address:

Send to:

Jackie Fleeman,

St Andrew's House (3rd Floor),

201 London Road,

Derby, DE1 2SX

