

# HEALTHY AGEING DIARY

Record the positive steps you are taking each day towards healthy ageing. Tick the box when you have incorporated the dietary or lifestyle factor into your day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nuts and seeds: 1 handful							
Healthy oils: 2 tablespoons							
Starchy carbohydrates: 1-2 small serves							
Fresh fruit: 2 pieces/ 1 cup							
Protein in each meal and snack							
Fresh vegetables: minimum 3 cups							
Pure water: 8 glasses							
Supplements							
30 minutes exercise							
30 minutes of fun and relaxation							