

	<i>Breakfast</i>	<i>Red Fat Opt</i>	<i>Add Salt</i>	<i># Fr Serve</i>	<i># Veg Serve</i>	<i># Std Alc</i>	<i># Smokes</i>	<i>Cardio Min</i>	<i>Weights Min</i>	<i>Incid Ex</i>	<i>Steps</i>	<i>Sun Pro</i>	<i>Sleep</i>	<i>Feelings</i>
ie.	Yes	Yes	No	2	5	1	n/a	20	20	Yes	10,898	Yes	8	Happy
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														
16.														
17.														
18.														
19.														
20.														
21.														
22.														
23.														
24.														
25.														
26.														
27.														
28.														

KEY

- **Breakfast** = Did you have a high fibre breakfast?
- **Red. Fat Opt.** = Did you choose reduced fat options where possible? (i.e. reduced fat cheese, milk, trim fat off meat)
- **Add Salt** = Did you add salt to your meals?
- **# Fr. Serv.** = How many servings of fruit did you have today?
- **# Veg. Serv.** = How many vegetable servings did you have today?
- **# Std. Alc.** = How many standard alcoholic drinks did you have today?
- **# Smokes** = How many cigarettes did you have today?
- **Cardio. Min.** = How many minutes of cardiovascular/aerobic (i.e. walking, swimming) exercise did you perform today?
- **Weights Min.** = How many minutes of weights/resistance training did you perform today?
- **Incid. Ex.** = Did you take more physically demanding options today? (i.e. take the stairs instead of elevator)
- **Steps** = How many steps did you perform today?
- **Sun Pro.** = Did you protect yourself from the sun today where possible?
- **Sleep** = How many hours sleep did you have last night?
- **Feelings** = Overall how did you feel today? (i.e. happy, down, stressed, anxious, etc.)

MEHN Daily Checklist
www.mehn.org.au

