

# YOUR WELLBEING

The boxes shaded in green show the amount or amount of time that you should have as a target as part of a healthy lifestyle - the orange boxes are a recommended maximum amount.

Hours Spent Sleeping:	1	2	3	4	5	6	7	8	9	10	11	12
Hours Spent Moving:	1	2	3	4	5	6						
Hours Spent Sitting:	1	2	3	4	5	6	7	8	9	10	11	12
Talking Face to Face:	1	2	3	4	5	6	7	8	9	10	11	12
Learning/Skill Building:	1	2	3	4	5	6	7	8	9	10	11	12
Social Media:	1	2	3	4	5	6	7	8	9	10	11	12
Bottles of Water:	1	2	3	4	5	6	7	8	9	10		
Servings of Fruit/Veg:	1	2	3	4	5	6	7					
Sugary/Fizzy Drinks:	1	2	3	4	5							



KNOW | CHOOSE | BECOME | PRACTISE | UNDERSTAND

# YOUR WELLBEING

The boxes shaded in green show the amount or amount of time that you should have as a target as part of a healthy lifestyle - the orange boxes are a recommended maximum amount.

Hours Spent Sleeping:	1	2	3	4	5	6	7	8	9	10	11	12
Hours Spent Moving:	1	2	3	4	5	6						
Hours Spent Sitting:	1	2	3	4	5	6	7	8	9	10	11	12
Talking Face to Face:	1	2	3	4	5	6	7	8	9	10	11	12
Learning/Skill Building:	1	2	3	4	5	6	7	8	9	10	11	12
Social Media:	1	2	3	4	5	6	7	8	9	10	11	12
Bottles of Water:	1	2	3	4	5	6	7	8	9	10		
Servings of Fruit/Veg:	1	2	3	4	5	6	7					
Sugary/Fizzy Drinks:	1	2	3	4	5							



KNOW | CHOOSE | BECOME | PRACTISE | UNDERSTAND