



# MY CHECK-IN

name: \_\_\_\_\_

Following the “check-in” guide, make a note of where you think you are at for each of the areas below, right now. Then “check-in” at the end of the Hauora Explorer’s Virtual Adventure to see if you’ve noticed any changes

	<b>Before</b> Date: _____	<b>After</b> Date: _____
Do I get about 60 mins of movement or about 8,000 steps a day? How did I go with these check-ins? Back Scratch Mind your Middle Sit & Reach Sit or Squat Balance Wall or Floor Press	       	       
Do I get a good night of sleep most of the time? (About 9-10 hours is good)		
Do I drink enough water most days (about 5-9 cups is good)?		
Most days, do I eat at least; <ul style="list-style-type: none"> <li>a piece of fruit</li> <li>and / or a vege e.g some carrot, broccoli.</li> </ul>	 	 
Do I spend 2 hours or less on a device each day (less is better)?		
Do I take moments to be mindful or do conscious breathing, if I need them to calm or energise me?		
Do I get a dose of Vitamin “N” most days of the week e.g spend time outside in nature.		

For ideas go to [www.youngandhealthy.org.nz/2025-resources](http://www.youngandhealthy.org.nz/2025-resources)