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 Zespri Young & Healthy Virtual Adventure to see if you’ve noticed any changes

	Before Date: _____	After Date: _____
Do I get about 60 mins of movement or about 8,000 steps a day?		
Do I get a good night of sleep most of the time? (About 9-10 hours is good)		
Do I drink some water every day? (about 5-9 cups is good)		
Most days, do I eat at least; • a piece of fruit • and / or a vege e.g some carrot, broccoli.	 	 
Do I spend 2 hours or less on a device each day? (less is better)		
Do I have moments of quiet or do I slow down to notice and slow my breathing, if I need to calm or energise myself?		
Do get some Vitamin “N” most days of the week e.g spending time outside in nature playing, walking or reading.		

For ideas go to www.youngandhealthy.org.nz/2025-resources