



MY CHECK-IN

Supported by:



Name: _____

How to use this form;

1. Tick the box that best shows how you are doing now.
2. Do the Virtual Adventure, using “Power Up” activities below to earn daily points.
3. At the end, tick the After boxes and see what has changed!

Some Ways I Can Power Up My Brain & Body;

1. Move My Body

I move my body every day in fun ways like sport, walking, biking or playing. About 60 minutes a day is a good goal.

	Not yet	Some times	Most days
Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Eat Nourishing Food

Most days I eat food that nourishes me e.g. apple, carrot, broccoli, eggs, yoghurt, porridge etc.

Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Sleep Well

I feel like I sleep well most nights) e.g, I can wake up in time for school, I fall asleep quite easily, I feel ok and can concentrate on things I need to do. About 9–10 hours is a good goal.

Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Screen Time Balance

I mix up screen time with other fun things, e.g games with friends, or reading a book. Less than 2 hours daily is a good goal.

Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Take a Calming Moment

When I feel busy or stressed, I can stop, breathe and take a quiet moment.

Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Drink Water

I drink water each day and eat foods that have water in them e.g 5-9 cups of water is a good aim, apples, oranges, lettuce, cucumber etc.

Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Time in Nature (Vitamin N)

I spend time outside in nature doing things I enjoy like playing, exploring or reading.....even 5 mins is great!

Before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

One thing I want to do more of during the Adventure:

During the Adventure

Check-in regularly:

Ask yourself, “How do I feel?” e.g tired, hungry, fidgety

Choose:

What do I need to “power up” right now? e.g have a rest, move

Power Up:

Take action and notice “do I feel better!” e.g Now, I feel calmer, focused, full of energy.

After the Adventure

Fill in the “After” rows on the “Things I can do to Power Up” page and compare to your first answers.

Do you notice that anything has changed;

- I move my body more
- I eat more nourishing food
- I am sleeping better
- I have swapped screen time for other fun activities
- I am taking a moment to calm myself by breathing deeply, resting etc
- I am drinking more water
- I am spending more time in nature.

What did I notice most about how I felt when I was doing the Virtual Adventure:

Supported by:

For tips, tools and ideas go to:
www.youngandhealthy.org.nz/2026-resources

