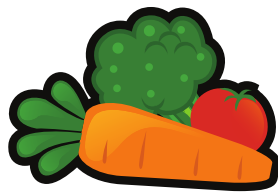


# Do small things every day

There are so many small things you can do every rā (day) to look after your tino (precious) tinana (body) and hinegaro (mind) that also whai piro (earn points) for your tīma (team) to move around the course!



Aim for 5 or more huawhenua (veges) a day  
How many? \_\_\_\_\_



Aim for up to 3 whurutu (fruit) a day  
How many? \_\_\_\_\_



Aim for 3 ngā kai "matareka" ("treat foods) a week  
How many? \_\_\_\_\_



Aim for 5-8 mōwhiti (glasses) of wai (water) a day  
How many? \_\_\_\_\_



Aim for 9-10 hours of moe (sleep) a night  
How many? \_\_\_\_\_



Date \_\_\_\_\_



Aim for 8,000 steps or more a day

How many? \_\_\_\_\_



Aim for > 60 mins a day of activity that makes you "Hahu me te Pahu" (huff and puff)

How many? \_\_\_\_\_



Aim for > 6 moments to be whai whakaaro (mindful) each day

How many? \_\_\_\_\_



Aim for < 4 teaspoons of "added" sugar a day

How many? \_\_\_\_\_



Aim for < 30 mins a day of leisure screen time

How many? \_\_\_\_\_