

## 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 mõwhiti (glasses) of wai (water) a day How many?



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

Go to www.youngandhealthy.org.nz/resources and read the How to Earn Points sheet for more details on each points earning activity

VIRTUAL ADVENTURE	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? \_\_\_\_\_

Go to www.youngandhealthy.org.nz/resources for more tips and tools