

my personal challenge tracker



small steps 4 life



Name: _____

School: _____

Age: _____

Date: _____

My challenge: _____



my challenge



FOOD
STANDARDS
AGENCY

inspired by
London
2012





eat well, get active and feel good!

It's easy to get started, choose a challenge today and join other kids as you all take your small steps to eat well, get active and feel good.

Use your 'challenge tracker' to create your very own journey and use it to share your successes.

For more information visit:

smallsteps4life.direct.gov.uk

tracking your progress

Keep track of your progress by filling in the space provided to record your ideas, thoughts and feelings.

Good luck with your challenge!

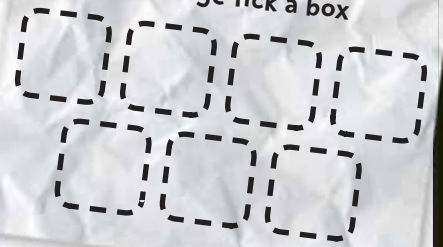


Every time you complete your challenge tick a box



keep it going!

Every time you complete your challenge tick a box

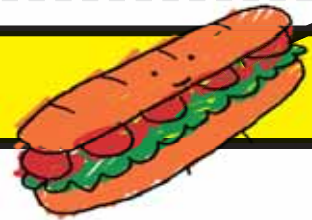


Every time you complete your challenge tick a box



Handwriting practice area with five sets of horizontal dashed lines.

Every time you complete your challenge tick a box



Handwriting practice area with five sets of horizontal dashed lines.



well done on reaching your goal! don't forget to visit the website to tell us how it went and to pick your next challenge!