

small steps 4 life

challenge tracker



Name:

School:

Age: Date:

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 in with friends as you all take your small steps to eat well, get active and feel good.

Use your 'challenge tracker' to record your very own journey - add doodles and pictures 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 day you complete your challenge tick a box

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

Handwriting practice area with crumpled paper texture and five horizontal dashed lines.

Every day you complete your challenge tick a box

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

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Large crumpled paper area with five horizontal dashed lines for writing.

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shout out and celebrate! it's great when you achieve something so make sure you celebrate and tell everyone about it.