## Healih for

## Make a little tweak for a big difference

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Swap juice or sugary drinks for water or milk | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Swap the sofa and TV for music and dancing | 0 |  | 0 |  | 0 | 0 | 0 |
| $\square \begin{aligned} & \text { Swap screen time for } \\ & \text { story time before bed }\end{aligned}$ | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Swap chocolate or biscuits for an apple or banana | $0$ | 0 |  |  | 0 | 0 | 0 |

