# Healthy Eating Week
# Target Tracker

Eating at least 5 a day, having breakfast, drinking plenty and being active are all important for health. Set targets for a week and track your success!

FOOD a fact of life

## Eat 5 a day

**Target**

Portions of fruit and vegetables

- Friday
- Thursday
- Wednesday
- Tuesday
- Monday

## Eat breakfast every day

**Target**

Breakfasts

- Friday
- Thursday
- Wednesday
- Tuesday
- Monday

## Drink 6-8 glasses of fluid a day

**Target**

Drinks

- Friday
- Thursday
- Wednesday
- Tuesday
- Monday

## Be active for 60 minutes a day

**Target**

Minutes of activity

- Friday
- Thursday
- Wednesday
- Tuesday
- Monday

**School**

**Number of people involved**

## Instructions

To set each target, multiply the number of people taking part by 5 (for the 5 days) and then multiply this by what each person should achieve each day, e.g. 5 for '5 a day' or 60 for '60 minutes of activity'. For example, if there were 200 people taking part, the 'Eat 5 a day' target for the week would be 5,000. Use the chart to track progress towards each target. Good luck!

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