

# HEALTHY LIFESTYLE REVIEW

**‘A GLASS OF WATER IS THE FIRST THING I HAVE WHEN I WAKE UP. TRY IT !!’**

**DO YOUR HEALTHY LIFESTYLE REVIEW IN TERM 1. DRAGONS SUGGEST YOU REVIEW AGAIN IN AUGUST. COMPARE YOUR LIFESTYLE HABITS IN SUMMER AND IN WINTER.**



**SAMANTHA BREMNER**  
Dragons Fullback

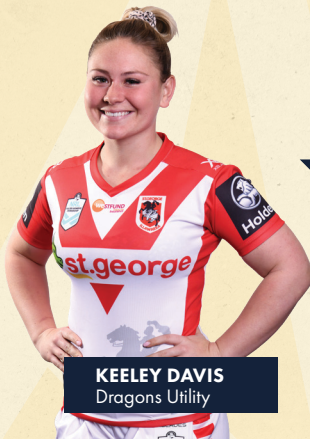
	BREAKFAST	WATER	FRUIT	VEGGIES	ACTIVITY
	Healthy Breakfast = 1 point	1 cup = 1 point 2 cups = 2 point 3 cups = 3 Points 4 cups = 4 points 5 cups = 5 points 6 cups = 6 point	1 serve = 1 point 2 serves = 2 point	1 serve = 1 point 2 serves = 2 points 3 serves = 3 points 4 serves = 4 points 5 serves = 5 points	15 mins = 1 point 30 mins = 2 points 45 mins = 3 points 1 hour = 4 points 2+ hours = 5 points
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

**‘I FUEL UP AT THE START OF THE DAY WITH A HEALTHY BREAKFAST, IT STARTS MY BRAIN AND PREPARES MY BODY FOR THE DAY. CHOOSE WELL!’**



**GRACE STEWART**  
Australia Hockey

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**KEELEY DAVIS**  
Dragons Utility

‘ONCE A WEEK I HAVE A NO SCREEN DAY AND OUR FAMILY HAS A GAMES NIGHT’

‘PRIMARY SCHOOL INTRODUCED ME TO A WIDE RANGE OF SPORTS AND ACTIVITIES’



**SALLY FITZGIBBONS**  
Surfing

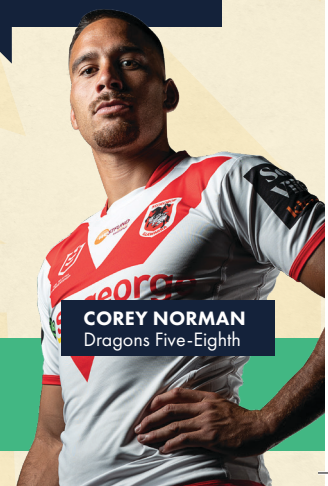
SLEEP	SOMETIMES FOOD	SCREEN TIME	
Less -7 hrs = 1 point 7 hrs = 2 points 8 hrs = 3 points 9 hrs = 4 points 10 hrs = 5 points	0 serve = 2 points 1 serve = 1 points 2+ serve = 0 points	0-1 hour = 2 points 1-2 hour = 1 point 2+ hour = 0 points	TOTAL
HOURS -7 7 8 9 10	 	 	/28
HOURS -7 7 8 9 10	 	 	/28
HOURS -7 7 8 9 10	 	 	/28
HOURS -7 7 8 9 10	 	 	/28
HOURS -7 7 8 9 10	 	 	/28
HOURS -7 7 8 9 10	 	 	/28
HOURS -7 7 8 9 10	 	 	/28
GRAND TOTAL			/196

‘I GET ANNOYED WHEN I SEE UNHEALTHY SNACK COMMERCIALS ON TV’



**SHAKIAH TUNGAI**  
Dragons Winger

‘I DON’T TRAIN WELL OR PLAY WELL IF I DON’T HAVE ENOUGH SLEEP. IT EFFECTS MY PERFORMANCE’



**COREY NORMAN**  
Dragons Five-Eighth

FOR MORE INFORMATION VISIT [HTTP://WWW.HEALTHYKIDS.NSW.GOV.AU](http://www.healthykids.nsw.gov.au)  
ADAPTED FROM LIVE OUTSIDE THE BOX PASSPORT, CENTRAL COAST LOCAL HEALTH DISTRICT.