

Lifestyle chart

Aspect	Suggested daily behaviours
Cleanliness	
Teeth cleaning	
Being active	
Health (illness and injury)	
Screen time	
Sleeping	
Drinking enough water	
A good diet	
Plenty of exercise (and the right mix of exercise)	

Lifestyle chart (sample completed)

Aspect	Suggested daily behaviours
Cleanliness	<p><i>Wash body regularly</i></p> <p><i>Wash hair regularly</i></p> <p><i>Wear clean clothes</i></p>
Teeth cleaning	<p><i>Clean teeth effectively at least twice a day</i></p> <p><i>Visit dentist every 6 months</i></p>
Being active	<p><i>Walk in place of driving where possible</i></p> <p><i>Try not to sit for too much of the day</i></p>
Health (illness and injury)	<p><i>Look after yourself when ill – eat healthily, drink plenty of fluids, and rest</i></p> <p><i>Clean and dress any wounds to prevent infection</i></p> <p><i>Visit your doctor if your illness/injury requires such action</i></p>
Screen time	<p><i>Try and limit the amount of time spent sitting in front of a screen each day</i></p>
Sleeping	<p><i>Ensure you get the right amount of sleep each night</i></p> <p><i>Try to form habits so that bedtime and waking up time remain fairly constant</i></p>
Drinking enough water	<p><i>Drink plenty of water during the day</i></p>
A good diet	<p><i>Eat a varied and healthy diet</i></p> <p><i>Try and keep sugary snacks to a minimum</i></p>
Plenty of exercise (and the right mix of exercise)	<p><i>Exercise in some capacity each day</i></p> <p><i>Vary exercise types to include: moderate, vigorous, and muscle & bone strength building</i></p>