

YOUR 2010 ACTION PLANNER

Now that you've read our experts' tips on the previous pages, go through them and find the ones that appeal to you. Or make up your own – just be sure to keep them small and achievable (such as 'walk to work'), rather than grand resolutions (like lose 20kg!). Write your resolutions down here – one for food, one for activity each month. Come back to the plan on the last day of each month and refocus on that next month's resolution. Good luck!

	FOOD GOAL	ACTIVITY GOAL		FOOD GOAL	ACTIVITY GOAL
January			July		
February			August		
March			September		
April			October		
May			November		
June			December		