

Focus On Your



WORKSHEETS

Hosted on our website

Choose To Lose...

and keep weight off for good!

www.nhsforthvalley.com/weight



Use these worksheets along with advice from our webpages to help plan and record changes you want to make to you and your families eating and activity levels.

Worksheets can be printed and laminated and used again and again!



Dream

Kind

Respect

Listen

Praise



My Family Rules

Setting family rules

- Set a minimum of 2 or 3 realistic rules
- **Keep rules simple and specific**
- **Get all family members involved in setting rules**
- **Review your family rules regularly**
- Decide on a reward and consequence for each rule
- Treat others as you would like to be treated

1. _____

2. _____

3. _____

4. _____

Support

Trust

Patience

Encourage

Believe

Health

Trust

Share

Listen

Help

Thankful



My Weekly Reward Chart



This chart belongs to _____

This week I will...

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

My change for the week is:

My reward for the week is:



Reward Ideas

- New trainers
- Trip to cinema
- Hoola Hoop
- New skipping ropes
- New football
- Magazine
- Hair cut
- New hair clip
- New make up
- Music/iTunes vouchers
- Colouring pens
- Jigsaw

Put a tick or smiley face in the relevant box as you achieve your change or goal.



My Daily Thinking Diary



Date _____

FOCUS ON



Changes:
My daily activity change is

- _____
- _____

My daily food change is

- _____
- _____



Breakfast

Things I like about myself...

Foods I enjoy are:

Lunch

Activities I enjoy are:

To do

Checklist

New things I'd like to try:

Dinner

What I have achieved recently:



Fun & Family Fitness File



Children should be active for at least an hour everyday.



Lets move more with family fun!

Monday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Tuesday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Wednesday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Thursday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Friday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Saturday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Sunday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
Total	_____

Try not to sit around for too long. Reduce screen time to no more than 2hrs a day

Remember sit less, move more - **Something** is better than nothing!





My Weekly Meal Planner

B - Breakfast **L** - Lunch **D** - Dinner

Monday

B _____

L _____

D _____

Tuesday

B _____

L _____

D _____

Wednesday

B _____

L _____

D _____

Thursday

B _____

L _____

D _____

Friday

B _____

L _____

D _____

Saturday

B _____

L _____

D _____

Sunday

B _____

L _____

D _____

My Shopping List

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



My Family Change Checker



Date: _____ Review Date: _____

A day in the life of the _____ family.

Use this worksheet to write about your family routine at the moment.

Think Food

What and when do you eat, drink?

At present:

Changes we could make:

Think Fitness

What do you do and how often do you do it?

What hobbies do you have?

At present:

Changes we could make:

Think Family

When do you get up?

When do you go to bed?

At present:

Changes we could make:





Useful Websites

Active Scotland

www.activescotland.org.uk

British Dietetic Association

www.bda.uk.com/foodfacts/home

www.bdaweightwise.com

www.teenweightwise.com

Choose To Lose

www.nhsforthvalley.com/weight

Eat Better, Feel Better

www.eatbetterfeelbetter.co.uk

NHS Choices

www.nhs.uk

Health A-Z Tab search "Food and Diet"
or 'Health and Fitness'

NHS Inform

www.nhsinform.co.uk

Useful Health Apps

NHS Choices - Tools Library

www.nhs.uk/tools/pages/toolslibrary.aspx

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