

Goal setting – complete the following

Check that your goals are SMART:

S	Specific	What exactly do you want to do?
M	Measurable	How will you know when you have reached the goal?
A	Achievable	Outline the exact steps you will take. Can you actually do it?
R	Relevant	Have you any ideas to help you meet your goal? If so what are they?
T	Timely	Can you reach this goal by a certain time?

Why Water?



Best to quench thirst and prevent dehydration

Tap water contains fluoride which helps develop strong teeth

Tap water is FREE

0 sugar to burn off

0

teaspoons of sugar



500ml bottle of water



Milk



Drink milk each day for strong bones and teeth

Choose reduced fat milk

Sugary drinks

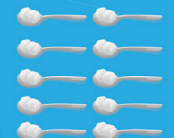
To check if drinks have sugar added during manufacture read the ingredients list on the label of the drink to see if any of the following are added:

sugar	glucose
fruit sugar	dextrose
corn syrup	maltose
malt syrup	maltodextrin
molasses	fruit juice concentrate

Walk for 90 min to burn off sugar in your drink

10

teaspoons of sugar



375ml can soft drink



600ml bottle sports drink

