



# I'MPOSSIBLE HEALTHY HABITS CHALLENGE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>SLEEP</b> Did you sleep 8-10hrs?							
<b>WATER</b> Did you drink 8 cups of water?							
<b>EXERCISE</b> Did you exercise 45-60mins?							
<b>FRUIT</b> Did you eat 2 pieces of Fruit?							
<b>DAIRY</b> Did you have Milk, Yogurt, Cheese?							
<b>VEGETABLES</b> Did you eat 3-5 Vegetables?							
<b>GRAINS</b> Did you eat Bread, Cereal, Pasta?							
<b>PROTEIN</b> Did you eat Meat, Nuts, Eggs?							
<b>SOMETIMES FOOD</b> Did you eat any junk food? Maccas, Ice cream, Chocolate, Pizza, Hot Chips, Lollies, Soft Drinks.							

**I'MPOSSIBLE ATHLETE:**



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**



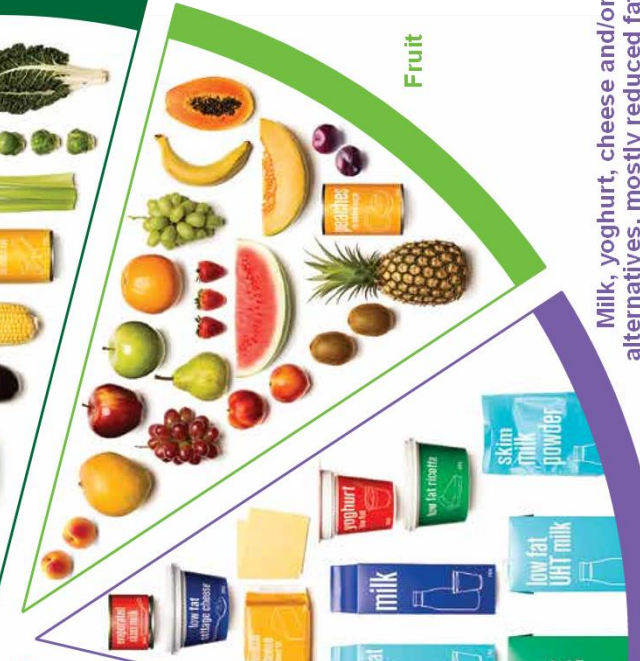
**Vegetables and legumes/beans**



**Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans**



**Fruit**



**Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**



**Use small amounts**



**Only sometimes and in small amounts**

