

Healthy weight action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
For everyone					
Do at least 30 minutes of moderate-intensity physical activity on most, if not all, days of the week.				___ / ___ / ___	
Choose a wide variety of fruit and vegetables, plain meat, poultry and fish, reduced fat dairy and plain unsalted nuts and legumes.				___ / ___ / ___	
Sit less.				___ / ___ / ___	
If you need to lose weight					
Choose a wide variety of fruit and vegetables, plain meat, poultry and fish, reduced fat dairy and plain unsalted nuts and legumes.				___ / ___ / ___	
Limit discretionary/junk foods and drinks like cakes, biscuits, take away and fried foods, and sugar-sweetened drinks.				___ / ___ / ___	
Choose smaller portion sizes.				___ / ___ / ___	
Drink plain tap water, plain mineral water or soda water.				___ / ___ / ___	
Limit soft drinks, fruit juices and fruit juice drinks.				___ / ___ / ___	
Limit how much alcohol you drink.				___ / ___ / ___	
Ask your doctor for a referral to an accredited practising dietitian.				___ / ___ / ___	