

12 Month Challenge



In 12 months you should be healthier, fitter and slimmer.

Each month has a new topic.

Learn about the topic.

Fill in this workbook.





Being a good weight is healthy.
Having the right waist size is healthy.

If you are overweight losing even a small amount can make a big difference.

Some people are more than just overweight



Being Obese means you weigh far too much for your height

An obese person has:

- ◆ a lot of body fat.
- ◆ a big waist.
- ◆ More health problems like diabetes, heart disease, breathing and sleeping problems
- ◆ Problems walking and getting around



This workbook is to help you think about how to be more healthy



Keep a check on your weight and waist.

Get help from:

- Your Doctor
- Healthy lifestyle service
- NHS Choices
- www.easyhealth.org.uk
- www.corecarestandards.co.uk/keeping-well





12 Month Challenge



Think about what you do now.



Make a change.

Carry on with your changes after 12 months.



Every month check how well you have done.



My start weight is



My start waist is



Start date:



Move

What I do now



What I will do in Month 1



After month 1



My weight is

My waist is



How did I do in month 1?



Fatty food

What I do now



What I will do in Month 2



After month 2

My weight is



How did I do in month 2?



Sugary foods

What I do now



What I will do in Month 3



After month 3

My weight is



How did I do in month 3?



Portions

What I do now



What I will do in Month 4

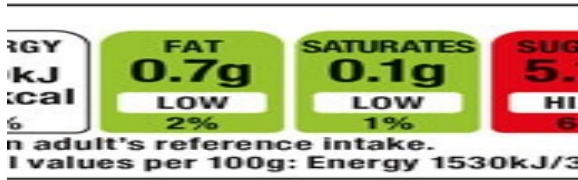


After month 4

My weight is



How did I do in month 4?



Checking

Food Labels

What I do now



What I will do in Month 5



After month 5



My weight is



How did I do in month 5?



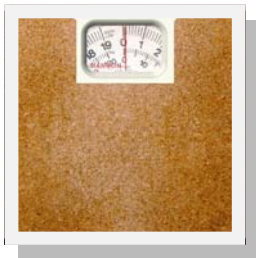
Snacks



What I do now



What I will do in Month 6



After month 6

My weight is



How did I do in month 6?



5 a day



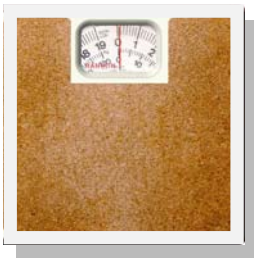
Fruit & Veg



What I do now



What I will do in Month 7



After month 7

My weight is



How did I do in month 7?



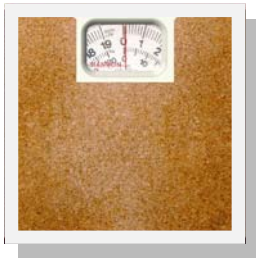
Making food.



What I do now



What I will do in Month 8



After month 8

My weight is



How did I do in month 8?



Drinks

What I do now



What I will do in Month 9



After month 9

My weight is



How did I do in month 9?



Lunchbox

What I do now



What I will do in Month 10

After month 10



My weight is

My waist is



How did I do in month 10?



Salt



What I do now



What I will do in Month 11



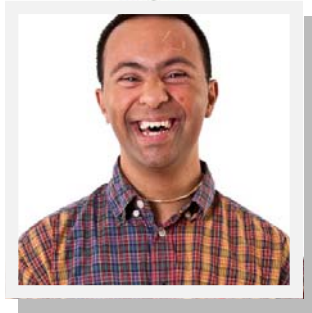
After month 11

My weight is

My waist is



How did I do in month 11?



Feeling well?



Think about your

Clothes

Skin

body



What I will do in Month 12 ?



My weight is

My waist is



How did I do in month 12?



12 months



What I do now



What did I do in 12 months



Weight month 1:

Waist month 1:



Weight month 12:

Waist month 12



How did I do in 12 months?

Pictures from Photosymbols
and NHS Photos.



Jackie Fleeman Derbyshire

Healthcare NHS Foundation Trust



12 month challenge



Send this page to us if you have lost weight or waist.

We will send you a certificate.



Weight month 1:

Waist month 1:

Weight month 12:

Waist month 12



Your name & address:



Send to:

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St Andrew's House (3rd Floor),

201 London Road,

Derby, DE1 2SX

