



My 5/30 Wellness Calendar

Congratulations! You've committed to taking on the 5/30 Health and Wellness Challenge.

GOAL 5

Eating at least 5 portions of fruit and vegetables a day, a minimum of 5 days a week

What counts as one portion of fruit and vegetables?

- 1 fruit or 1 medium vegetable (size of a tennis ball)
- ½ cup (125 ml) of fruit or vegetables (fresh, frozen or canned)
- 1 cup (250 ml) of leafy vegetables (e.g. lettuce, spinach)
- ¼ cup (50 ml) of dried fruit
- ½ cup (125 ml) of "real" juice (no sugar added)

GOAL 30

Moving for at least 30 minutes a day, a minimum of 5 days a week

What counts as 30 minutes of physical activity?

- It's not necessary to do 30 continuous minutes: for example, 2 blocks of 15 minutes will do the trick.
- The activity should be done at a moderate intensity. A brisk walk is an example of a good pace to aim for.
- Think about including all your activities (walking, skiing, skating, dancing, swimming, cycling - even on a stationary bike, physical conditioning, etc.)

GOAL Wellness

Improving wellness by targeting an objective of one's among the following:

- Opening up to relaxation
- Having some time for myself
- Communicating better
- Maintaining relationships with others
- Assigning priority to priorities

To find out more about Wellness Goals,

visit the "Wellness and Stress" section at 5/30HealthAndWellnessChallenge.ca

How to fill out the 5/30 Wellness Calendar on the reverse

- Indicate the Wellness Goal you have chosen at the time of registration.
- If you have added one or more Goals Plus to the basic Health Challenge, check off the corresponding boxes.
- Every day
 - note in the 5 box the number of servings of fruit and vegetables eaten. Circle the box if the number is at least 5;
 - note in the 30 box the number of minutes of physical activity engaged in. Circle the box if the number is at least 30.
- At the end of the week, in the right column
 - enter the number of days you achieved the 5 and 30 goals;
 - check the box if you think there has been progress toward the Wellness Goal.

5/30 Wellness Calendar of: _____

MY Basic Health Challenge

Goal 5 Goal 30

Goal Wellness: _____

GOAL Plus

Consuming enough dairy products

Improving my cardio health

Visit 530HealthAndWellnessChallenge.ca to find out more about the 2010 Goals Plus

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	I reached my goal
Week 1 - The Health Challenge begins Monday, March 1, 2010								
Goal 5 Portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
Goal 30 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
My Wellness Goal								<input type="checkbox"/> I made progress
Week 2								
Goal 5 Portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
Goal 30 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
My Wellness Goal								<input type="checkbox"/> I made progress
Week 3								
Goal 5 Portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
Goal 30 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
My Wellness Goal								<input type="checkbox"/> I made progress
Week 4								
Goal 5 Portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
Goal 30 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
My Wellness Goal								<input type="checkbox"/> I made progress
Week 5								
Goal 5 Portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
Goal 30 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
My Wellness Goal								<input type="checkbox"/> I made progress
Week 6 - Le Health Challenge ends Sunday, April 11, 2010								
Goal 5 Portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
Goal 30 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> days/7
My Wellness Goal								<input type="checkbox"/> I made progress



Way to go! You succeeded in the Health Challenge for 6 weeks. Keep it up! If you haven't reached your goals, don't give up! Visit 530HealthAndWellnessChallenge.ca for help in continuing your Health Challenge year-round.

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