



## Goal Review

- Are you happy with the progress as a family?
- Have you fully committed to the changes?

## Eating behaviours

- Which eating behaviours have worked?
- Are there any behaviours they could try?

## Activity behaviours

- What has worked?
- Any new potential activities that could be tried?

## Other Behaviours

- Any social support from friends/family?
- Using the power of social media for further support and/or new ideas

Don't forget to keep setting short and long term, manageable goals.

Sometimes we may go off track – this is okay – create a plan of action if this happen

Try to monitor – tracking your progress can be really beneficial especially when you see the results of all your hard work



## What's next?

- \*Biweekly text updates including quick tips
- \*A 6-month face to face check-up
- \*And then a 12-month face to face check-up, where you will receive your FREE Fitbit!

**A big thank you from the children's team,  
and good luck with your next steps!**

## USEFUL LINKS/CONTACTS:

- Instagram: @onelifefyp (Families & young people) & @onelifesuffolk
- Facebook: <https://www.facebook.com/onelifesuffolk/>
- Website: <https://www.onelifesuffolk.co.uk/>

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