



My Personal Nutrition Goals

Name :

Date:

Five things I can do (or more if you like!) to improve my super healthy and balanced diet starting from tomorrow and continuing over the next 4 weeks are:

Am I in charge of these changes or will I need any help? If I need help, who will I ask to help me?

When will I have put these changes into place?

My Personal Swimming Mission is.....

My Personal Nutrition Mission is.....