



Chwaraeon a Hamdden
Sport and Leisure

Youth Empowerment Project

16 weeks Physical
Activity, Health &
Wellbeing Programme

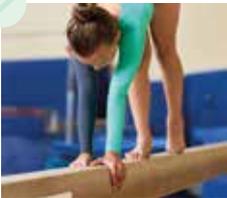


About you...

Get Moving!

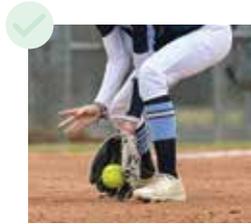
How are you physically active in a typical week?

What sports or activities have you tried? Circle or tick your favourites!

<input checked="" type="checkbox"/>  Archery	<input checked="" type="checkbox"/>  Athletics (Track & field)	<input checked="" type="checkbox"/>  Badminton	<input checked="" type="checkbox"/>  Basketball	<input checked="" type="checkbox"/>  BMX racing
<input checked="" type="checkbox"/>  Boxing	<input checked="" type="checkbox"/>  Clay (target) shooting	<input checked="" type="checkbox"/>  Cricket	<input checked="" type="checkbox"/>  Cycling	<input checked="" type="checkbox"/>  Diving
<input checked="" type="checkbox"/>  Down hill mountain biking	<input checked="" type="checkbox"/>  Equestrian	<input checked="" type="checkbox"/>  Field hockey	<input checked="" type="checkbox"/>  Football Soccer	<input checked="" type="checkbox"/>  Football American football
<input checked="" type="checkbox"/>  Golf	<input checked="" type="checkbox"/>  Gymnastics	<input checked="" type="checkbox"/>  Ice hockey	<input checked="" type="checkbox"/>  Judo	<input checked="" type="checkbox"/>  Karate



Kayaking



Softball



Squash



Pool/billiards



Rafting



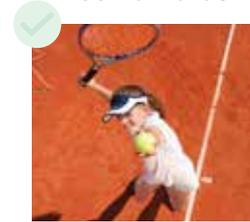
Rock climbing



Rugby



Running



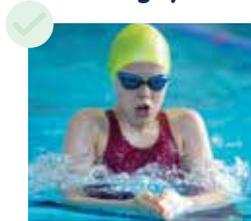
Tennis



Tenpin bowling



Surfing



Swimming



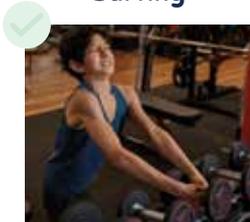
Table tennis



Trampolining



Volleyball



Weightlifting

Fuel Your Body

What does a usual day of eating look like for you?

Which fruits do you enjoy? How often do you eat them?

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	Apple		Banana		Blackberry		Cherries		Peach		Avocado
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	Grapes		Lemon		Lime		Mango		Orange		Watermelon
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	Passion fruit		Pear		Pineapple		Plum		Tangerine		Strawberry

Substance Awareness

Your Thoughts on Substances

Have you heard of harmful substances like alcohol, tobacco, or drugs? YES NO

Why do you think some people use these substances?

.....

What are some risks or dangers of using substances?

.....

Your Goals

What would you like to improve about your fitness, diet, or lifestyle?

.....

What's stopping you from living a healthy lifestyle?

.....

What kind of support or advice do you need?

.....

Tech Time

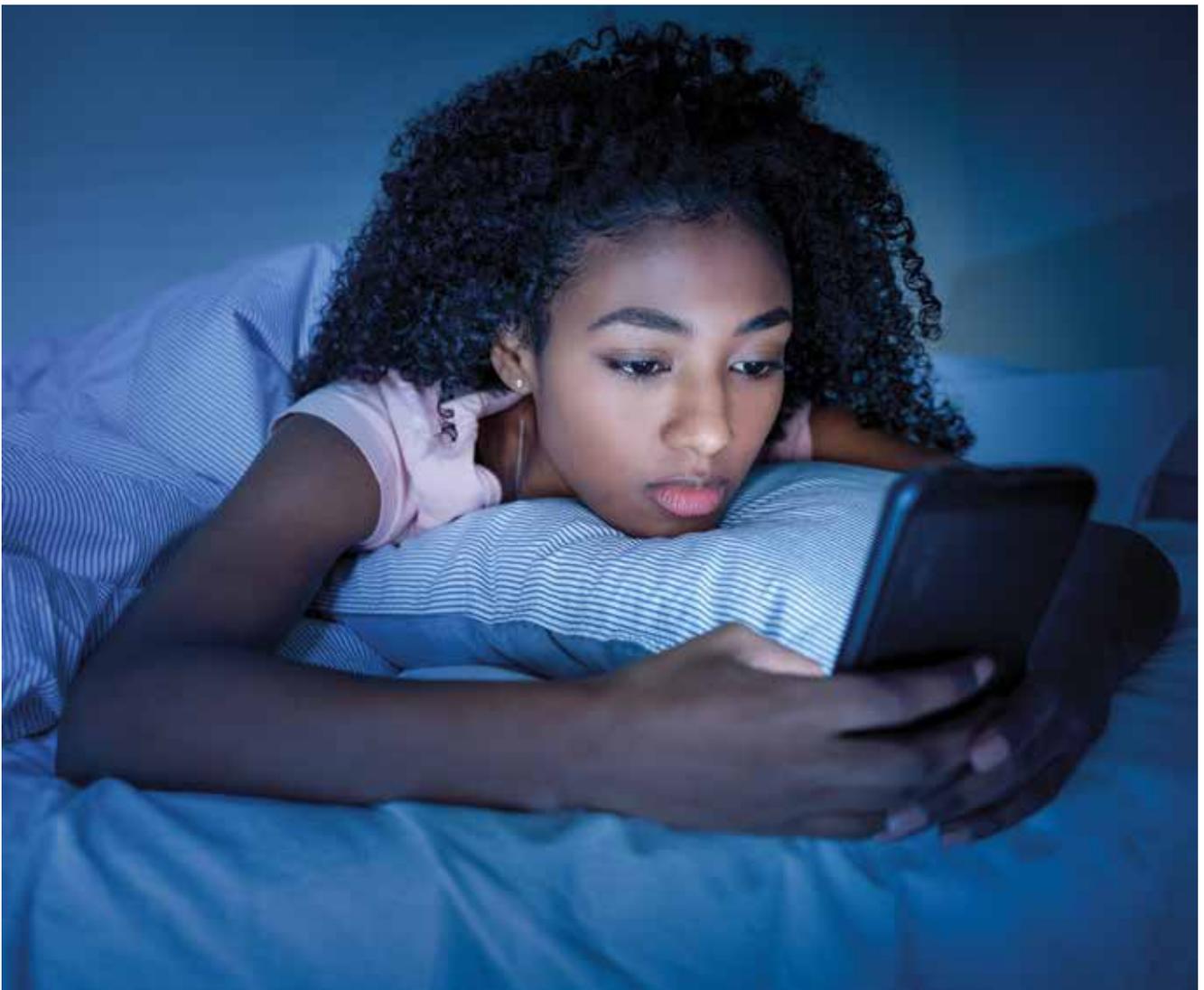
How many hours a day do you spend on screens?

Which apps do you use the most?

Sleep Pattern

How many hours a night do you spend sleeping?

What time do you go to bed?



My Action Planner

Set Your Goals!

Write 5 goals you'd like to achieve during the next 16 weeks.

Need inspiration? Here are some ideas:

- ✓ Eat more fruits and vegetables
- ✓ Exercise 3 times a week
- ✓ Sleep 8-9 hours a night
- ✓ Learn how to avoid risky situations

Short-Term Goals (1-4 weeks):

1	
2	

Mid-Term Goals (5-12 weeks):

1	
2	

Long-Term Goal (16 weeks +):

1	
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Week 1 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 2 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 3 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 4 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed

Remember: It's okay to ask for help if you need it. Talk to someone you trust, like a teacher, parent, or youth leader.

1 Childline (for confidential support for children and young people)

- Phone: 0800 1111 or Website: childline.org.uk

2 NSPCC (National Society for the Prevention of Cruelty to Children)

- Phone: 0808 800 5000 or Website: nspcc.org.uk

3 Jac lewis foundation - 03301 336510

4 Choices 0330 363 9997

5 People speak up - 01554 292393

6 Carmarthenshire County Council - Children's Services

- Phone: 01267 246555
(For emergency support outside working hours)
- Website: carmarthenshire.gov.wales



7 Carmarthenshire Youth Support Services

- Phone: 01267 246555
(General enquiries)

8 Your GP – Contact your doctor

9 Child and Adolescent Mental Health Services - Find Help With How I'm Feeling | Advice For Young People | YoungMinds



Lifestyle changes

Implementing these 10 lifestyle adjustments can contribute to a happier and healthier life, supporting your journey towards improving your overall well-being

Think Active!!

Some examples:
Walk, cycle or scoot to school.
Take the stairs instead of the lift.

Portion sizes

Follow Eatwell portion size guide.
Tip: try and not over fill your plate.

Practice positive self-talk

Encourage yourself through positive self-talk by focusing on positive thoughts, overcoming negative thoughts and building a mindset of kindness toward yourself and a willingness to grow.

Sleep

Going to bed and getting up in the morning at the same time every day. Take time to relax before going to bed away from devices.

Energy Drinks

Try to start decreasing your energy drink intake. This can be done by switching to non fizzy or having less caffeinated drinks a day.

Hydration

Drink 6-8 cups or glasses of water a day.
Start your day with a glass.

Fresh air and nature.

Taking regular walks in fresh air - invigorates the body, clears the mind, boosts mood, and enhances overall well-being, promoting a healthier and more balanced lifestyle.

Less screen time

Try to restrict how much time you spend on your screen this could be consoles, phone or TV. The time you would usually spend on the screen try to do something more active e.g., walk, play outdoors or join a club.

Explore new activities/ hobbies

Try to think of something you've always wanted to do but have never done it. e.g., join a club, Paddle boarding, Gym, learn to swim, Kayaking and Hiking.

Eat Well

Eat 5 fruit or veg a day, ensure your plate is colourful.





Week 5 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
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Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🤔 Speechless 🤩 Amazed



Week 6 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
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Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🤔 Speechless 🤩 Amazed



Week 7 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 8 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit, juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Fruit and vegetables
Eat at least 5 portions of a variety of fruit and vegetables every day

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Oil & spreads
Choose unsaturated oils and use in small amounts

Dairy and alternatives
Choose lower fat and lower sugar options

Check the label on packaged foods

Each serving (150g) contains

Energy	Saturates	Sugars	Salt
1046kJ	3.0g	1.3g	0.9g
250kcal	LOW	HIGH	MED
13%	4%	7%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts



For more healthy recipes visit <https://nutritionskillsforlife.com/healthy-recipes/>

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Breakfast Burritos

Serves 4, 1 burrito=1 portion

Ingredients

- 4 Soft wholewheat tortillas
- 6 Eggs
- 4 Tablespoons milk
- 2 Tomatoes (finely chopped)
- 2 Spring onions (finely chopped)
- 1 Pepper (any colour, deseeded and finely chopped)
- 2 Teaspoons vegetable oil
- 40g Reduced fat hard cheese (grated)
- 1 Pinch ground black pepper

Method

1. Lay out the tortillas on a work surface. Preheat the grill.
2. Beat the eggs and milk together. Then, in a separate bowl, mix together the tomatoes, spring onions and pepper. Season with black pepper.
3. Heat $\frac{1}{2}$ teaspoon of vegetable oil in a non-stick frying pan and pour in $\frac{1}{4}$ of the egg mixture. Cook over a medium heat for a few minutes to set the base. Sprinkle $\frac{1}{4}$ of the tomato mixture over the surface of the egg mixture, then sprinkle 10g of the cheese over the top. Grill to set the egg and melt the cheese.
4. Slide the omelette onto the tortilla. Leave to cool a little, then roll up the tortilla, slice in half and serve. You could also wrap the burrito in foil to eat later.



Easy Overnight Oats

Serves 4, 30g portions

Ingredients

- 150g High fibre porridge oats
- 25g Dried cranberries
- 50g Ready-to-eat apricots (chopped)
- 25g Sultanas
- 300ml Unsweetened apple juice
- 8 tablespoons low-fat natural yoghurt
- 100g Frozen berries (thawed) (fresh berries can also be used)

Method

1. In a large bowl, mix together the porridge oats, cranberries, apricots, sultanas and apple juice. Stir well, cover and refrigerate overnight.
2. The following morning, share the mixture between 4 cereal bowls/ Tupperware containers.
3. Spoon 2 tablespoons of natural yoghurt onto each portion. Serve with the berries.



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Picturesque pizza

Ingredients

- 2 x English muffins
- 4 x 15ml spoons of a tomato sauce*
- 1 x orange pepper, halved and deseeded
- 2 x spring onions
- 2 x 15ml spoons sweetcorn (canned)
- 1 handful of basil leaves
- 60g Cheddar cheese, grated

Method

1. Pre-heat the oven to 200C/gas mark 6.
2. Cut the two muffins in half and rest them on the chopping board. These will be the pizza bases.
3. Add a 15ml spoon of sauce to each pizza base. Spread it evenly over the base with the table knife.
4. Use the scissors to cut the pepper into strips. Cut each strip into small pieces and arrange it over the four pizza bases.
5. Snip the spring onions into small pieces and add to the bases.
6. Add some sweetcorn to each.
7. Tear the basil leaves and arrange on top.
8. Sprinkle the cheese over the four pizzas.
9. Place the pizzas on the baking tray. **Adult** - Use oven gloves to place the baking tray in the oven.
10. Cook for a 7-10 minutes until the cheese bubbles and browns.
11. **Adult** - Remove from the oven using the oven gloves and serve.



Mini apple and banana muffins recipe

Ingredients

- 150g plain flour
- 1.5 teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract (optional)
- 40g lower-fat spread, melted
- 1 medium apple, peeled, cored and chopped
- 1 medium banana, mashed

Method

1. Preheat the oven to 200C (fan 180C, gas mark 6). Put 12 paper cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.
3. Put the milk, egg, vanilla extract and melted spread in a jug and beat together with a whisk. Add the wet mix to the dry ingredients, then add the apple and mashed banana. Stir until just combined. Do not overmix.
4. Spoon the mixture into the paper cases and bake for 20 to 25 minutes, until the muffins have risen and turned golden. Carefully remove the muffins in their paper cases from the bun tray and leave to cool on a wire rack.



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Halfway Reflection

Use this section to review your goals that you hoped to achieve within the first 8 weeks. Here are some examples:

- ✓ Learn to enjoy healthy food choices.
- ✓ Get moving and stay active every day.
- ✓ Create a bedtime routine for better sleep.
- ✓ Cut down on things that aren't good for your body.
- ✓ Eat more fruits and vegetables
- ✓ Exercise 3 times a week
- ✓ Sleep 8-9 hours a night
- ✓ Learn how to avoid risky situations
- ✓ Drink more water

Short-Term Goals (1-4 weeks):

2	
3	

Mid-Term Goals (5-12 weeks):

2	
3	

Long-Term Goal (16 weeks +):

10	
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Week 9 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 10 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 11 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 12 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed

Chicken and Tomato Jacket Potatoes

Serves 4, 1 95g potato=1 portion

Ingredients

- 4 Baking potatoes
- 4 Skinless, boneless uncooked chicken breasts
- 1 Teaspoon dried oregano
- 8 Tomatoes
- 150g Low-fat Greek-style natural yoghurt
- 4 Spring onions (finely chopped)
- 1 Teaspoon red pesto (optional)

Method

1. Scrub the potatoes, then dry and prick each one several times with a sharp knife.
2. Rub a few drops of olive oil on the potatoes and cook for either 6 minutes on full power in a microwave or for 1 ¼ hours at 200°C (400°F) in the oven.
3. When the potatoes are almost ready, cut the chicken breasts into bite-size chunks. Heat a non-stick frying pan and fry until lightly browned on both sides and cooked through for about 6-8 minutes. Add a pinch of dried oregano, rosemary, or basil per person.
4. Meanwhile, chop the tomatoes into chunks, discarding the seeds. When the chicken is cooked, stir it together with the tomato, spring onions and yoghurt. Add pesto if you wish to.
5. Serve the jacket potatoes with a portion of the chicken mixture.



Pasta Salad on Lettuce

Serves 4, 150g=1 portion

Ingredients

- 200g Dried pasta shapes or spaghetti
- 3 Tablespoons low-fat natural yoghurt
- 2 Tablespoons reduced fat mayonnaise
- 2 Tomatoes (chopped)
- ¼ Cucumber (chopped)
- 1g Sultanas
- 2 Handfuls lettuce leaves
- 75g Reduced fat hard cheese (cut into small cubes)
- 3 Spring onions (sliced)

Method

1. Cook the pasta following the instructions on the packet, then drain and rinse with cold water to cool it quickly.
2. Mix together the yoghurt and mayonnaise in a salad bowl. Add the tomatoes, cucumber, raisins or sultanas, then stir in the pasta.
3. Serve each portion on a lettuce leaf and scatter with cheese cubes and spring onions.



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Spaghetti bolognese recipe

Ingredients

- 300g extra-lean minced beef
- 400g chopped tomatoes
- 300g dried spaghetti
- 1 large onion, finely chopped
- 2 garlic gloves, crushed or finely chopped
- 2 tablespoons tomato purée
- 2 teaspoons dried mixed herbs
- 1 red pepper, deseeded and chopped
- 3 handfuls mushrooms (cup or button), sliced
- 1 carrot, finely chopped
- 1 courgette, chopped
- 150ml reduced-salt vegetable or chicken stock
- 1 pinch ground black pepper

Method

1. Heat a large saucepan and add the minced beef, a handful at a time, cooking until browned. Add the onion and cook for another few minutes.
2. Add all the the remaining ingredients to the pan, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15 to 20 minutes.

Information:

If you don't like one of the vegetables, just swap it for another – like cubed aubergine for courgette.

3. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the pasta and bring back to the boil. Stir well and cook for 8 to 10 minutes, until tender.
4. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.



Ham and Fresh Coleslaw pittas

Ingredients

- 150g firm white cabbage, finely shredded
- 1 carrot, grated
- 2 spring onions, finely chopped
- 2 tbsp low-fat natural yoghurt
- 4 wholemeal pitta breads
- 4 slices lean roast ham
- 1 pinch ground black pepper
- 2 handfuls cherry tomatoes
- ¼ of a cucumber, sliced

Method

1. Mix together the cabbage, carrot and spring onions. Add the yoghurt and stir together. Season with black pepper.

Warm the pittas in a toaster or under the grill. Split them open and stuff each one with a slice of ham and the coleslaw.



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Week 13 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 14 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 15 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
 😍 Love 😵 Confused 😟 Worried 😎 Cool 😴 Tired 😏 Thinking 😜 Excited
 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed



Week 16 Record Sheet

Day	Activity / Healthy eating goals / Lifestyle changes / Mindset	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes		

How did this week's session make you feel? 😊 Happy 😞 Sad 😡 Angry 😱 Scared
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 😭 Crying 😡 Frustrated 🎉 Celebrating 🗣️ Speechless 🤩 Amazed

End of Programme Review

Use this section to set new goals that you hope to achieve over the next year.

How has the project made you feel?

 Happy <input type="checkbox"/>	 Neutral <input type="checkbox"/>	 Sad <input type="checkbox"/>	 Surprised <input type="checkbox"/>	 Frustrated <input type="checkbox"/>	 Proud <input type="checkbox"/>
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Have you changed any of the below?

<input type="checkbox"/> Balanced screen time	<input type="checkbox"/> Eat more fruits & vegetables
<input type="checkbox"/> Daily exercise	<input type="checkbox"/> Good amount of sleep
<input type="checkbox"/> Drink more water	

How long did it take you to reach your goal?

	Working on it	First Month (4 weeks)	After 2 Month (8 weeks)	End of Project (16 weeks)
Short Term Goals				
Medium Term Goals				
Long term Goals				

What do you feel you've learned or achieved since you started?

Keep Going!

Congratulations! You've completed the 16-week "Youth Empowerment" project! That's an incredible achievement. You've learned so much about staying active, eating well, and making choices that help you live your best life. But remember, this isn't the end – it's just the beginning of your healthy lifestyle journey.

What's Next?

Keeping up the positive changes you've started it's important. You can keep building on what you've learned by reflecting on how you feel, setting new goals, and celebrating your progress. One idea is to start a journal to write down your thoughts, goals, and achievements. You could use:

- A notebook and cool pens
- A notes app on your phone
- Fun journaling apps with reminders

Questions to Think About Every Day

- What made me happy today?
- How did I take care of my body? (Exercise, eating healthy, resting)
- How did I feel today? (Physically and emotionally)
- What am I proud of?
- Did I spend time outside? What did I notice about nature?
- Did I learn something new about myself?
- Did I try anything creative today? How did it feel?



Reflect Each Week

At the end of each week, take a moment to think about:

- What was my biggest win this week?
- What was a challenge I overcame?
- Am I getting closer to my goals? What's next?
- Did I take time to relax or enjoy nature?
- What's one word to describe this week?

Stay Inspired!

Whenever you feel stuck or need a boost, ask yourself:

- What am I grateful for right now?
- What's something fun I can plan for next week?
- What's one small step I can take toward my goals today?



Celebrate Your Progress

Every step forward is a win! Whether it's eating one more veggie, doing an extra push-up, or spending less time on your phone, you're making progress.

**Keep growing,
learning, and
trying your best.
You've got this!**

