

When do I use it?

What does it look like?

Handouts for weeks 5-10

The activity sheets for weeks 5 to 10 contain a summary of the information that is covered in the weekly sessions and also additional resources and activities to support you along the way.

Add them to your Go4Fun folder.



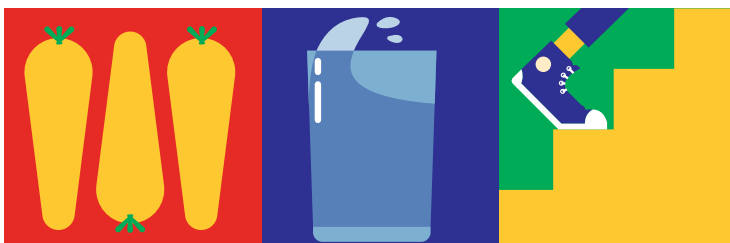
Recipe book

The Go4Fun Recipe book has lots of great, healthy recipes for you to try at home. Unleash your inner Master Chef and get cooking!



Meal mate

The week 7 session is all about serve and portion sizes. You will find out more about the meal mate in this session and there is also some information in your week 7 activity sheets.



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Activity tracker

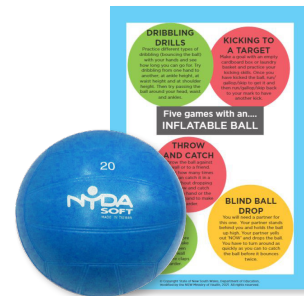
Perhaps the most exciting resource of all! Use the activity tracker to keep track of how many steps you do each day. There is a target in week 5 where we will ask you to count your steps, but of course you can start using it before then.

Please find attached more information about your activity tracker and how to set it up.



Inflatable ball and activity card

The inflatable ball and activity card gives you ideas for activities you can do at home - on your own or with friends and family. Have fun!



Balloons and activity card

The balloon and activity card gives you ideas for activities you can do at home - on your own or with friends and family. Have fun!



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Measurement instructions

We supply instructions for how to accurately and supportively take your child's post-program measurements at the end of the program, either at home or with a GP/other health professional.

If you would prefer to take these measurements yourself at home, please use the height ruler and wedge we sent you at the beginning of the program.



Skipping rope and activity card

The skipping rope and activity card gives you ideas for activities you can do at home - on your own or with friends and family. Have fun!



Chalk and activity card

The chalk and activity card gives you ideas for activities you can do at home - on your own or with friends and family. Enjoy!



When do I use it?

Label reader

The week 5 session is all about food label reading. You will find out more information about the label reading card in this session and there is also some information in your week 5 activity sheets.

