The 3 x 3 Healthy Ageing Challenge



Challenger's name:

Start your healthy ageing journey today by taking the 3 x 3 challenge.

By eating three healthy meals, engaging in physical activity and socialising every day you'll keep your mind and body strong.

Tick the challenger's calendar opposite when you have met the daily goals.

Want to double the enjoyment? Invite a friend to take the challenge with you.





3 x Healthy meals each day





Engage in physical activity





Social activity



Monday		Tuesday		Wednesday		Thursday			Friday			Saturday			Sunday				
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