

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

APRIL FALLS MONTH.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 2022 For group exercise visit www.activeandhealthy.nsw.gov.au				1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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