Visit 1: Dietary Review

How many serves of each food group do you eat on an average day?

- Fats and oils
- Milk and milk products
- Meats and other protein sources
- Vegetables
- Fruit
- Breads, cereal, grains, rice, pasta

Good things I already do:
- choose wholemeal
- choose wholegrain
- choose low fat
- choose lean meat
- choose unsaturated oils
- limit fats and oils
- choose low GI foods
- limit tropical fruits
- others:

Healthy, low GI choices and good choices I have been making in each food group:
- Breads, cereals, grains, rice, pasta
- Vegetables
- Fruit
- Meats and other protein sources
- Milk and milk products
- Fats and oils

My Dietary Goals

Refer to your information booklet to help with completing this page.

Write down any changes to the number of serves of each food group you will aim for each day.

Good and low GI choices I will make this month in each food group:
- Breads, cereals, grains, rice, pasta
- Vegetables
- Fruit
- Milk and milk products
- Meat and other protein sources
- Fats and oils

Foods I will avoid this month

Questions??

Remember to discuss this with your doctor or midwife at your antenatal visit.
Visit 1: Exercise Review

**Incidental exercise**
List the things you do as part of your everyday life that provide some exercise:
(eg cooking, ironing, gardening, walking to work)

How much time would you normally spend on these tasks?
- hrs/day
- hrs/week

**Recreational exercises**
Fill in as many of these as required:

<table>
<thead>
<tr>
<th>Type of exercise:</th>
<th>How many times a week?</th>
<th>Intensity (tick one or more):</th>
<th>How long is each session?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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My Exercise Goals

Have you spoken about exercise with your:
- Midwife
- Obstetrician/GP
- Partner
- Other

**Fill in a few goals for your exercise regime over the next month**

What I will try in between now and my next visit:
- Changes to current activities:
  - Adding 5 mins to every session
  - Adding an extra day during the week
  - Other:

- Changes to timing and frequency:
  - Adding 5 mins to every session
  - Adding an extra day during the week
  - Other:

- New activities:
  -
  -

My other exercise goals:

**QUESTIONS??**

Remember to discuss this with your doctor or midwife at your antenatal visit.