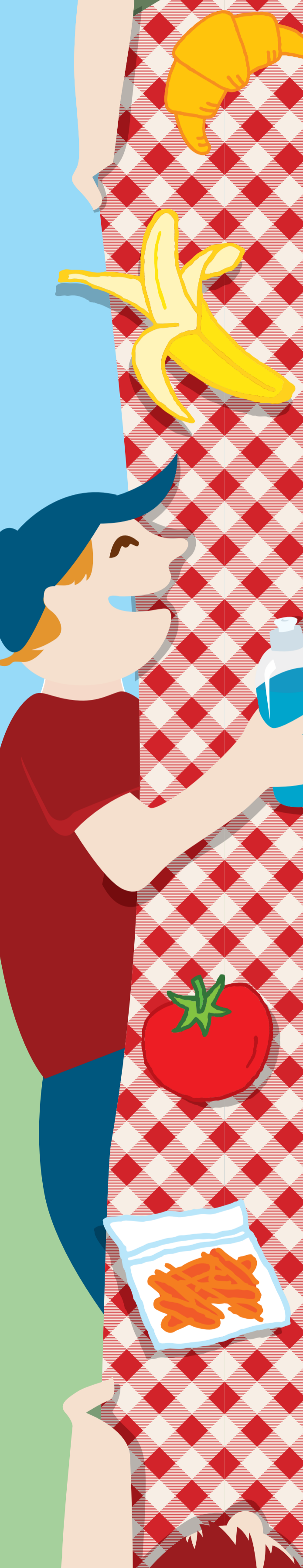


Ulster GAA

Healthy Choices



	week one	week two	week three	week four	week five	week six
Total						
Friday						
Thursday						
Wednesday						
Tuesday						
Monday						
Target	5 a Day Breakfast Healthy Break Water exercise	5 a Day Breakfast Healthy Break Water exercise	5 a Day Breakfast Healthy Break Water exercise	5 a Day Breakfast Healthy Break Water exercise	5 a Day Breakfast Healthy Break Water exercise	5 a Day Breakfast Healthy Break Water exercise



Ulster GAA Healthy Hamper

for more information
www.ulster.gaa.ie/healthyhamper