

Health and Wellbeing Lesson 2 – Food and Exercise Diaries

Food Diary

Day	Breakfast	Lunch	Dinner	Snacks	Drinks
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

My favourite meal was...

Exercise Diary

Day	Activity	Time/Distance	How I felt
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			