My Food and Exercise Diary

Keep a diary of what you eat and the exercise that you do for 1 week. After 1 week have a look at your diary and notice your habits. Now set yourself one goal. It could be something like ‘I would like to eat at least one piece of fruit a day’ or ‘I would like to make sure I do 5 minutes exercise per day’.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Snacks |  |  |  |  |  |  |  |
| Exercise |  |  |  |  |  |  |  |