My Exercise Diary



Record all the physical activity you have done each day and the amount of time you spent on each activity.

It is recommended that you do an hour of exercise each day. Add up the time you spent on each activity to see if you met this recommendation.









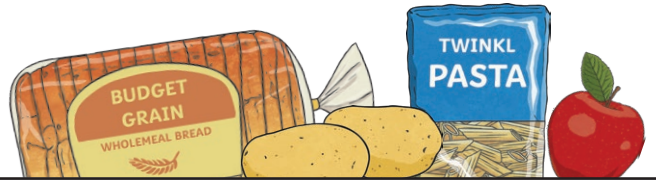
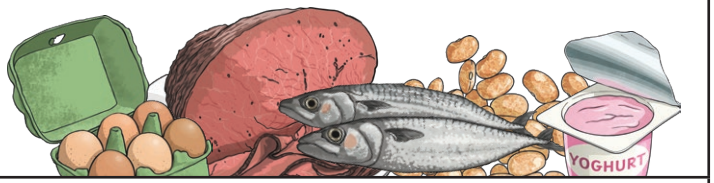
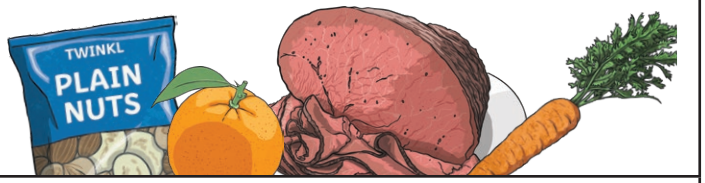
Notes

Space for any extra notes or drawings

Sunday

Draw or write what exercise you did today

morning	
afternoon	
evening	

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

Monday

Draw or write what exercise you did today

before school	
during school	
after school	

Saturday

Draw or write what exercise you did today

morning	
afternoon	
evening	

Friday

Draw or write what exercise you did today

before school	
during school	
after school	

Tuesday

Draw or write what exercise you did today

morning	
afternoon	
evening	

Wednesday

Draw or write what exercise you did today

before school	
during school	
after school	

Thursday

Draw or write what exercise you did today

morning	
afternoon	
evening	