Food Chart, Fitness Challenge

You need to keep a diary for **five** days of all the food and drink you take. Also for each day record your activity (walking, games, swimming etc.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name: | Six: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Activities  (include time or distance) |
| Breakfast |  |  |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |  |  |