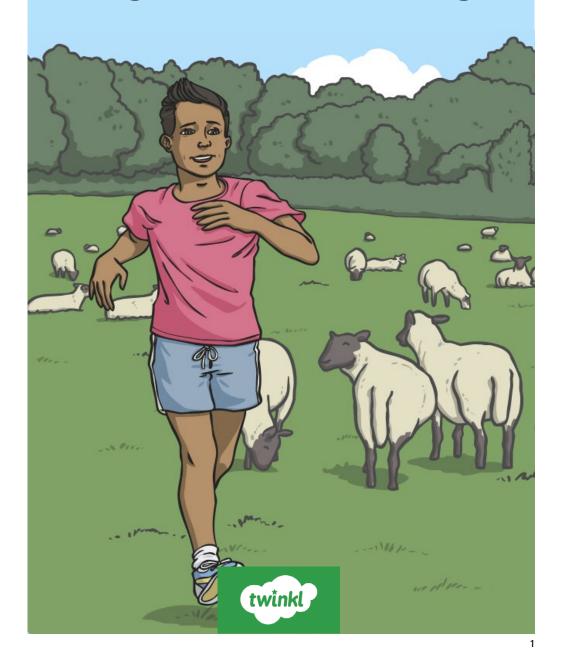
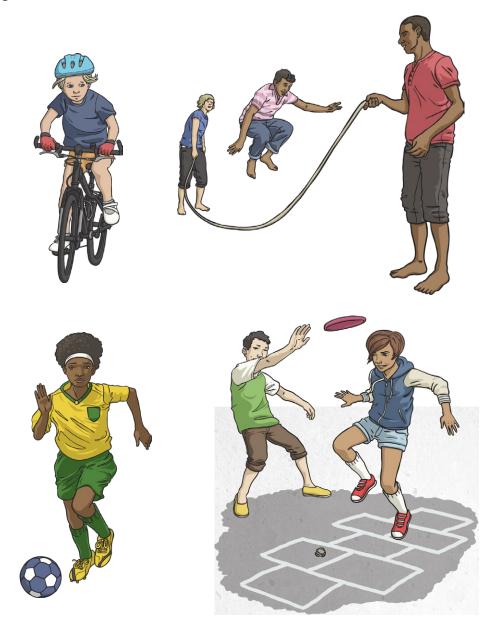
# My Exercise Diary



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.

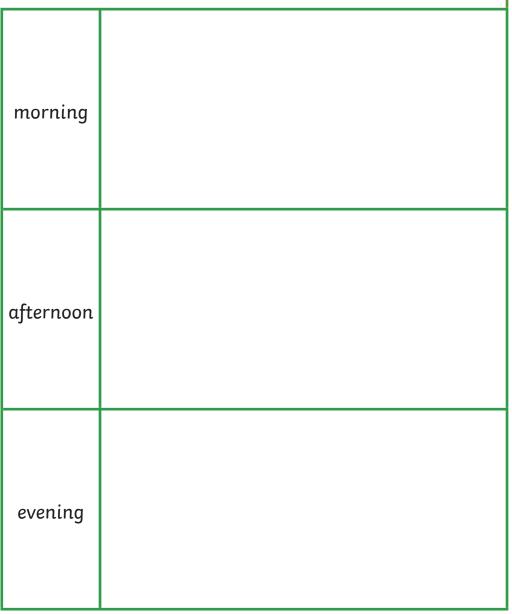


### Notes

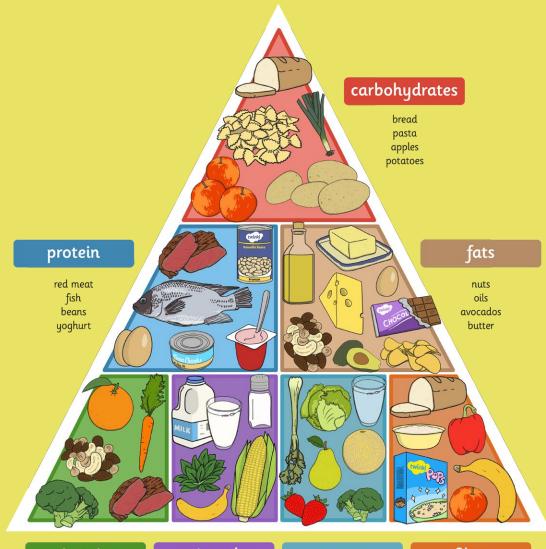
Space for any extra notes or drawings

### Sunday

Draw or write what exercise you did today



### Types of Nutrients



### vitamins

oranges carrots beef nuts

### minerals

milk spinach salt sweetcorn

#### water

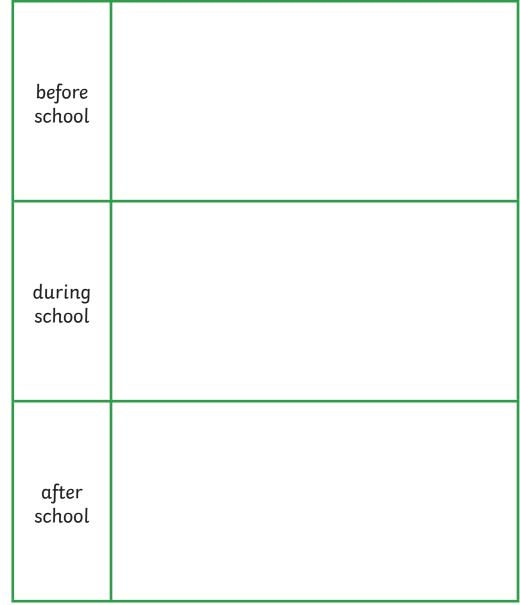
water tomatoes lettuce strawberries

### fibre

cereal apples wholegrain bread lentils

## Monday

Draw or write what exercise you did today



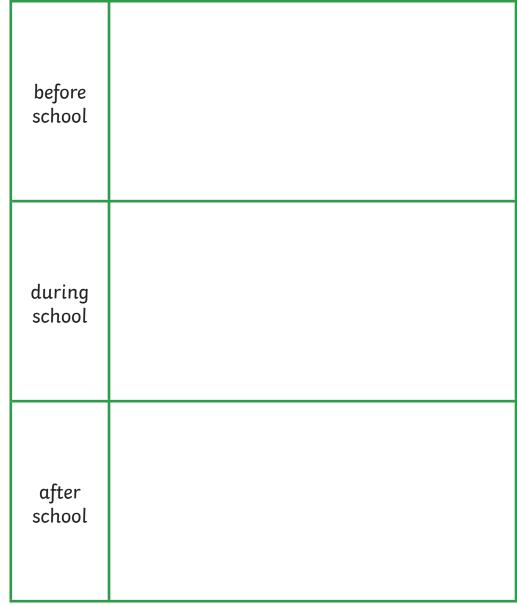
## Saturday

Draw or write what exercise you did today

morning	
afternoon	
evening	

# Friday

Draw or write what exercise you did today



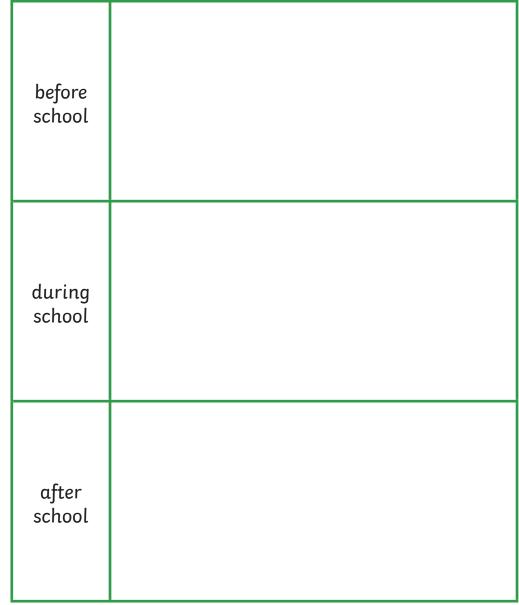
### Tuesday

Draw or write what exercise you did today

morning			
afternoon			
evening			

## Wednesday

Draw or write what exercise you did today



### Thursday

Draw or write what exercise you did today

morning	
afternoon	
evening	