

	Plan what exercise you will do.	Did you complete it? How long did you exercise for?	Which fruits and vegetables have you eaten today?	How many portions have you eaten in total?
e.g. Friday	Walk around Brockholes.	Yes- I walked for 40 minutes.	Banana x 2, apples, tomatoes and peppers	5
Friday				
Saturday				
Sunday				

Monday				
Tuesday				
Wednesday				
Thursday				