Day:	
Breakfast:	Exercise:
Lunch:	
Tea/Dinner:	Last night I went to bed at: Today I got up at:
Snacks:	I cleaned my teeth before going to school? □ before going to bed? □
Day:	
Breakfast:	Exercise:
Lunch:	
Tea/Dinner:	Last night I went to bed at: Today I got up at:
Snacks:	I cleaned my teeth before going to school? before going to bed? □





## Fitness Challenge Food and Exercise Diary

Day:		
Breakfast:	Exercise:	
Lunch:		
Tea/Dinner:	Last night I went to bed at: Today I got up at:	
Snacks:	I cleaned my teeth before going to school? before going to bed?	✓ □ □

Day:		Day:	
Breakfast:	Exercise:	Breakfast:	Exercise:
Lunch:		Lunch:	
Tea/Dinner:	Last night I went to bed at: Today I got up at:	Tea/Dinner:	Last night I went to bed at: Today I got up at:
Snacks:	I cleaned my teeth before going to school? before going to bed? □	Snacks:	I cleaned my teeth  before going to school?  before going to bed?  □
Day:		Day:	
Breakfast:	Exercise:	Breakfast:	Exercise:
Lunch:		Lunch:	
Tea/Dinner:	Last night I went to bed at: Today I got up at:	Tea/Dinner:	Last night I went to bed at: Today I got up at:
Snacks:	I cleaned my teeth  before going to school?  before going to bed?  □	Snacks:	I cleaned my teeth   before going to school?   before going to bed? □