

Health and Physical Education Upper primary off site curriculum

Food diary

Each day record what food you have eaten. You will need to record what you ate, how much you ate, approximate cost and nutritional content (vitamins, fats, sugars etc). Where possible read food labels or receipts of purchase to get as much information as you can. You can use the format below or use another format you feel suits

| Date | Food eaten | Quantity- grams or kg's | Cost (\$ or cents) | Nutritional content |
|-------|------------|-------------------------|--------------------|---------------------|
| Total | | | | |

Do this for 5 days. Assess what you think you might need more of or less of.

Exercise/activity diary

| Date | Activity completed | Time spent during activity | Other details (steps completed, metres ran, calories burnt etc) |
|------|--------------------|----------------------------|---|
| | | | |

How I'm going diary

It is important to keep a check on yourself. Each day give an indicator as to how you are feeling and even why.

| Date | How I am feeling | Why |
|------|------------------|-----|
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