

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

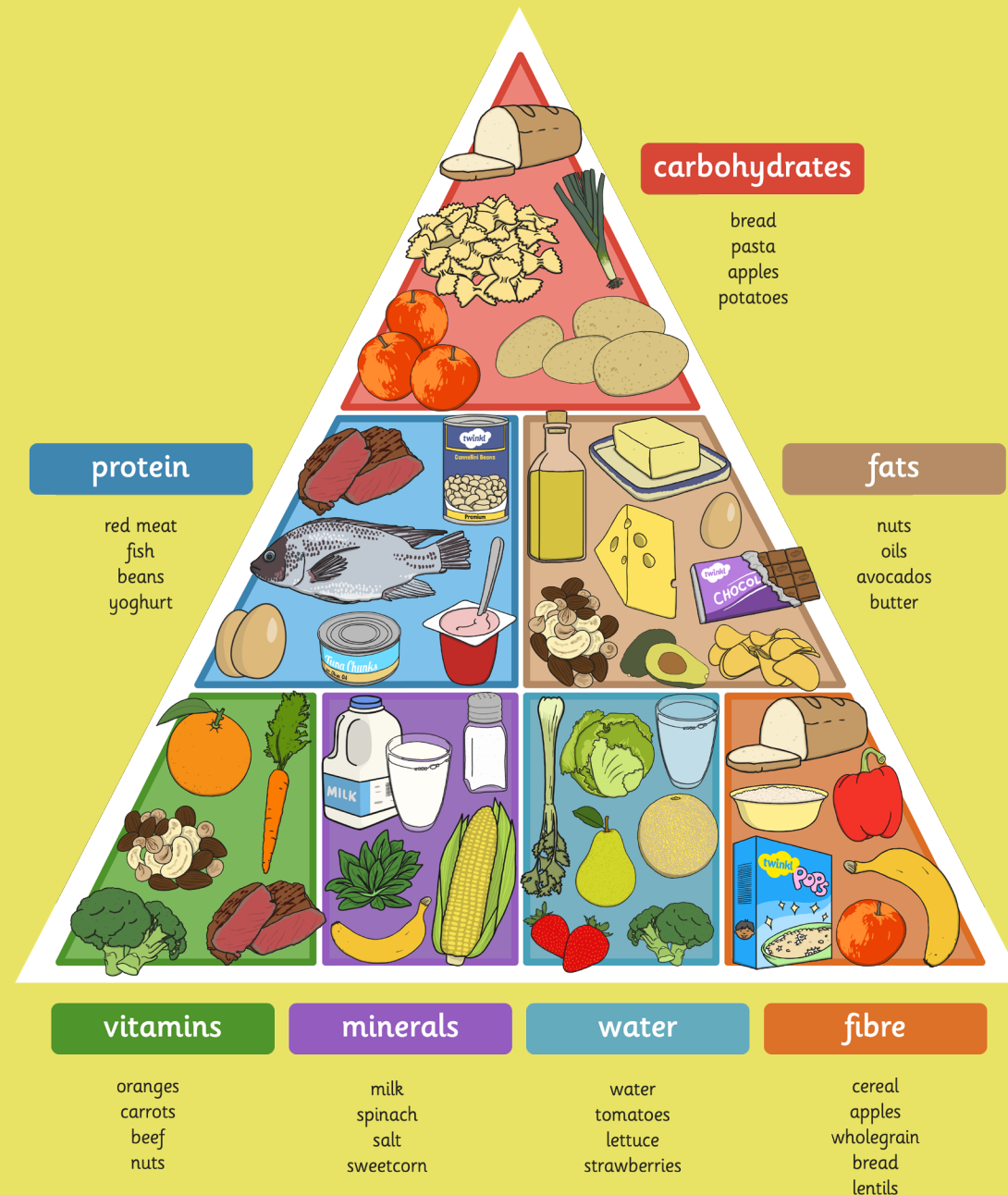
Draw or write what you exercise you did today

morning

afternoon

evening

Types of Nutrients



Monday

Draw or write what you exercise you did today

before
school

during
school

after
school

Saturday

Draw or write what you exercise you did today

morning

afternoon

evening

Friday

Draw or write what you exercise you did today

before
school

during
school

after
school

Tuesday

Draw or write what you exercise you did today

morning

afternoon

evening

Wednesday

Draw or write what you exercise you did today

before
school

during
school

after
school

Thursday

Draw or write what you exercise you did today

morning

afternoon

evening