



# Food and fitness diary

Record the amount or number of foods eaten and the physical activity you have done each day by writing or drawing in the spaces below.

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

Portions of vegetables and fruits eaten

Cereals and starchy foods eaten e.g. rice, pasta, bread, potatoes

Protein foods eaten e.g. meat, fish, eggs, beans

Dairy products eaten e.g. milk, yogurt or cheese

Foods high in fats and sugars e.g. cakes, biscuits, chocolate and soft drinks

My physical activity - how I met the target 60 minutes a day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Portions of vegetables and fruits eaten							
Cereals and starchy foods eaten e.g. rice, pasta, bread, potatoes							
Protein foods eaten e.g. meat, fish, eggs, beans							
Dairy products eaten e.g. milk, yogurt or cheese							
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My physical activity - how I met the target 60 minutes a day							

