

1. Week 1: Fill out the table

2. Week 2: Answer the questions on the Google Doc on the right side tab or below if you are using the website

Name _____ Class _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Remember to answer in full sentences:

1. What healthy choices did you make in the week?
2. How many snacks did you have?
3. Did you have lots of fruit and vegetables? Which ones?
4. How much exercise did you do? What kind?
5. How can you make it healthier?