This diary gives you information so you can start to change any unhealthy eating habits you may have. It will also help you keep track of how much activity you complete each week and what type of activity it is.

Time	Meal	Place	Quantity and details of what you ate or	Associated	Mood	Notes
	or	eaten	drank	activity		
	snack					
7.30am	Meal	Home	2 servings of cornflakes milk blueberries	Ate at the table with my	Happy as it was Lean Beans Day!	
				brother	,	
	Snack	School	Apple and Bag of salt and vinegar crisps	Ate standing	Distracted	Was distracted as it was play
10.30				up in playground		time but made time to eat.
	Meal	School	Ham salad Sandwich with butter and pickle,	Sat in dinner	Distracted/rushed	Was talking to friends ate
12.15			satsuma veggie sticks bottle of water	hall		food quickly as I wanted to go and play
	Snack	Lean	Banana	Sitting down	Distracted	Getting ready for lean beans
3.30		Beans		in hall		with my friends
	Meal	Home	Spaghetti bolognaise 3 servings of brown pasta	Sitting at	Нарру	Telling family about school
5.30			Strawberry Yogurt	dinner table		and Lean Beans

Day/Date	Activity/ies	Time (mins)	Notes
	Walking to School	15 mins	I enjoyed all my activities today and am
Monday (16/9/19)	Pe lesson (football)	45mins	pleased I do so many as I feel I have lots of
	Break time (Running with friends)	7 mins	energy and I am staying healthy
	Lunch time (running with friends)	35 mins	
	Lean Beans Club (relay races)	30 mins	