



new start

food and fitness diary



Name: _____

Grade: _____

Week 1: Water

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		

Challenge

- Drink plenty of water each day - no sweet or fizzy drinks.
- Age 7 and under: Drink 4-5 glasses of water.
- Ages 7-9: Drink 5-6 glasses of water.
- Ages 10 and over: Drink 6-8 glasses of water.
(1 glass holds 250 ml.)

Homework

Give yourself a score (rating) each day – 0 points for not drinking any water; 5 points for drinking the right amount of water.

Notes for parents

Try to do the water challenge with your children.
Sign the diary every day.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 2: Fruit and vegetables

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Running total		

Challenge

Try to eat at least 2 pieces of fruit each day and 5 different kinds of vegetables each day, including raw vegetables.

Homework

Give yourself a score (rating) each day. 0 points for not eating fruits or vegetables; 5 points for eating lots of fruits and vegetables.

The running total is your score from last week plus the score for this week.

Notes for parents

Children may like to try raw vegetables with dips, and fresh fruit for breakfast.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 3: New foods

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Running total		

Challenge

This week you have to eat some foods that you have not tried before. These foods must be healthy foods. Try at least one new food each day. It could be a fruit or vegetable that you have not tried before. It could be a healthy recipe that you make yourself at home.

Homework

Give yourself a score (rating) each day. 0 points for not trying any new foods; 5 points for trying a new healthy food each day.

Notes for parents

Take your children to the supermarket and look for fruits and vegetables they have not tried before, or buy some ingredients to make a new recipe.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 4: Healthy snacks

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Running total		

Challenge

This week you have to make all your snacks healthy snacks. Try not to eat potato crisps and sweets. Instead choose nuts, fruit, raw vegetables, dried fruits, and healthy home-made snacks.

Homework

Give yourself a score (rating) each day. 0 points for not eating healthy snacks; 5 points for eating all healthy snacks.

Notes for parents

Prepare healthy snacks for the lunch-box and for after school. Snacks should be without sugar and salt.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 5: Healthy breakfast

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Running total		

Challenge

This week you have to eat a healthy breakfast each day. Try fresh fruit, whole grain toast, porridge, an egg or cereal that has low salt and no sugar.

Homework

Give yourself a score (rating) each day. 0 points for not eating healthy breakfast; 5 points for eating a healthy breakfast.

Notes for parents

You can chop fruit the night before and store in containers in the fridge. You can also cook porridge the night before and then heat it up in the morning. Eggs are also good for breakfast.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 6: A healthy lunch

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Running total		

Challenge

This week you have to eat a healthy lunch each day. Pack your lunch box with healthy foods like fruit, raw vegetables and healthy bread.

Homework

Give yourself a score (rating) each day. 0 points for not eating healthy lunch; 5 points for eating a healthy lunch.

Notes for parents

If you do not have time to make school lunches in the morning, make them the night before.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 7: Exercise

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Running total		

Challenge

This week you have to do at least one hour of exercise each day. This includes the exercise you when playing at lunchtime and recess. Instead of watching T.V. after school you could play outside.

Homework

Give yourself a score (rating) each day. 0 points for not doing any exercise; 5 points for doing lots of exercise.

Notes for parents

On the week-end you could take your children to the park. Make exercise fun.

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well

Week 8: The family meal

	rating	signed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Week-end		
This week's total		
Final total		

Challenge

This week you have to help Mum or Dad prepare the family's main meal each day. Only healthy ingredients allowed!

Homework

Give yourself a score (rating) each day. 0 points for not helping with the family meal; 5 points for giving lots of help.

Notes for parents

Let the children help you to plan the meal. They can also help to set the table in a special way. (If you are going out for the evening meal then children could pack their school lunch for the next day instead of helping prepare the meal).

My rating:

- 1 = I didn't do very well today
- 2 = I could have done much better
- 3 = I could have done a little better
- 4 = I did fairly well
- 5 = I did very well