



Fitness & Food Diary

For one week we would like you to keep a diary of how much you exercise and how many portions of fruit and/or vegetables you eat.

Write the different exercises you do in the left column—this is anything that noticeably increases your heart rate for more than a few minutes e.g. walking / cycling / sports / yoga / dance etc.

In the right record the number of portions of fruit and vegetables you eat during the day. Remember a portion is roughly the amount that would fit in the palm of your hand.

DAY	EXERCISE	HOW MANY MINUTES TODAY	OVERALL TOTAL SO FAR	DAY	FRUIT AND VEGETABLES EATEN	HOW MANY PORTIONS TODAY	OVERALL TOTAL SO FAR
Mon				Mon			
Tues				Tues			
Wed				Wed			
Thurs				Thurs			
Fri				Fri			
Sat				Sat			
Sun				Sun			

OVERALL TOTAL MINUTES EXERCISED:

.....

TOTAL NUMBER OF DIFFERENT FRUIT AND VEGETABLES EATEN:

.....

Questions

1. Which day of the week were you most active? Why?
.....
.....
2. Which day of the week did you eat the most fruit?
What was your favourite fruit?
3. What day of the week did you eat the most vegetables?
What is your favourite?.....
4. When you exercised—what short term effects did you experience?
i:
ii:
iii:
5. Which type of exercise did you do the most of during the week?
.....
6. Which exercise do you think made your heart beat the fastest?
.....
7. Of the activities you took part in which were based on:

Endurance	Flexibility	Strength	Speed