

Food and exercise determine your energy level and health

(Note: Keep track for one week)

Date (Mon-Sun)	Food	Exercise	Energy ⁺ ⁺ -
Breakfast:			
Lunch:			
Dinner:			
Breakfast:			
Lunch:			
Dinner:			
Breakfast:			
Lunch:			
Dinner:			
Breakfast:			
Lunch:			
Dinner:			
Breakfast:			
Lunch:			
Dinner:			

Reflection of Nutrition and Exercise Log

1. What do you notice about what you eat for a week? Do you eat a rainbow of fruits and vegetables every day? If no, please explain why.

2. What do you notice about the amount of physical exercise you get every day? Do you think it's enough? It is recommended that children exercise for an hour every day. Do you exercise for an hour every day? If not, when can you add more exercise into your day?

3. Do you think your energy level is related to what you eat and how much exercise you get? How do you think you can get a higher energy level every day? What kind of foods will you eat and how much exercise will you get?
