

Kids Only Diary

This is your very own diary to complete each day.

If you use it properly over at least ten days, you will start to be able to see the links between physical activity, the foods we eat and our feelings!

Try to fill it in at least once EVERY day whilst you are at home.

It would help if you filled it in on the weekends too!

If you need to, ask Mum or Dad to help you fill it in, when they are not busy.

You do not have to send this diary in to be marked. If you start noticing that you feel better when you eat healthy food, and do exercise that makes you puff for at least an hour each day, let me know on Class Dojo. Or if you have any questions or other comments, send them to me. I will be checking for any comments or questions every Monday and Friday - our Phys Ed days!

Do your Best and Have Fun!

