| Mo | nday |
|----|------|
|----|------|

| Maunina | What and | d bow much / me | | |
|---|-----------|-----------------|------|-------|
| Morning Breakfast. | what and | d how much / ma | iny | -61 X |
| вгеактаст. | | | | |
| | | | | |
| Drinks . | | | | |
| Snacks between | | | | |
| breakfast and lunch. | | | | |
| Afternoon | What an | d how much / ma | 2007 | |
| Lunch. | vvna and | a now much / mc | iriy | |
| | | | | |
| Drinks. | | | | |
| | | | | |
| Snacks between lunch and | | | | |
| dinner. | | | | |
| Evening | What and | d how much / ma | iny | |
| Dinner. | | | | |
| Drinks. | | | | |
| Snacks between dinner | | | | |
| and going to bed. | | | | |
| Activity | How man | y minutes | | |
| Watching television. | | | | |
| Spending time on the computer. | | | | |
| Exercise (biking, walking | What? | | | |
| to school, walking the dog, etc.). | How long? | | | |
| Sports you choose to do. | | | | |
| Write down which sport and how much time. | | | | |
| Sports in school. | | | | |
| | | | | |

| Morning | What and how much / many | |
|-----------------------------|--|--|
| Breakfast. | What and now mach? many | |
| Di Carrast. | | |
| | | |
| Drinks . | | |
| | | |
| | | |
| Snacks between | | |
| breakfast and lunch. | | |
| | | |
| Afternoon | What and how much / many | |
| Lunch. | To the tier that | |
| Zunen. | | |
| | | |
| Drinks. | | |
| | | |
| | | |
| Snacks between lunch and | | |
| dinner. | | |
| · | | |
| Evening | What and how much / many | |
| Dinner. | Trial and now mash, many | |
| | | |
| | | |
| Drinks. | | |
| | | |
| | | |
| Snacks between dinner | | |
| and going to bed. | | |
| | | |
| Activity | How many minutes | |
| Watching television. | | |
| | | |
| Spending time on the | | |
| computer. | 1111 .2 | |
| Exercise (biking, walking | What? | |
| to school, walking the dog, | How long? | |
| etc.). | | |
| Sports you choose to do. | | |
| Write down which sport | | |
| and how much time. | | |
| Sports in school. | | |
| | | |
| | | |

Wednesday

| | | | | | _(|
|-----------------------------|--------------|------------------|---|---|----|
| Morning | What and | d how much / man | У | | |
| Breakfast. | | | • | | |
| | | | | | |
| | | | | | |
| Drinks . | | | | | |
| | | | | | |
| | | | | | |
| Snacks between | | | | | |
| breakfast and lunch. | | | | | |
| | | | | | |
| Afternoon | What and | d how much / man | у | | |
| Lunch. | | | • | | |
| | | | | | |
| | | | | | |
| Drinks. | | | | | |
| | | | | | |
| | | | | | |
| Snacks between lunch and | | | | | |
| dinner. | | | | | |
| | | | | | |
| Evening | What and | d how much / man | У | | |
| Dinner. | | | | | |
| | | | | | |
| | | | | | |
| Drinks. | | | | | |
| | | | | | |
| | | | | | |
| Snacks between dinner | | | | | |
| and going to bed. | | | | | |
| Activity | How man | y minutes | | | |
| Watching television. | 7 10 17 1110 | <i>y</i> | | | |
| Transming relevioles. | | | | | |
| Spending time on the | | | | | |
| computer. | | | | | |
| Exercise (biking, walking | What? | | | | |
| to school, walking the dog, | How long? | | | | |
| etc.). | | | | | |
| Sports you choose to do. | | • | • | • | • |
| Write down which sport | | | | | |
| and how much time. | | | | | |
| Sports in school. | | | | | |
| | | | | | |
| | | | | | |

Thursday

| Morning | What and how much / many | |
|-----------------------------|--------------------------|--------|
| Breakfast. | What and now mach? many | -O-C-C |
| Dreakfust. | | |
| | | |
| Drinks . | | |
| DI IIIKS . | | |
| | | |
| Snacks between | | |
| breakfast and lunch. | | |
| breaktast and lunch. | | |
| | | |
| Afternoon | What and how much / many | |
| Lunch. | | |
| | | |
| | | |
| Drinks. | | |
| | | |
| | | |
| Snacks between lunch and | | |
| dinner. | | |
| | | |
| Evening | What and how much / many | |
| Dinner. | | |
| | | |
| | | |
| Drinks. | | |
| | | |
| | | |
| Snacks between dinner | | |
| and going to bed. | | |
| | | |
| Activity | How many minutes | |
| Watching television. | | |
| | | |
| Spending time on the | | |
| computer. | | |
| Exercise (biking, walking | What? | |
| to school, walking the dog, | How long? | |
| etc.). | | |
| Sports you choose to do. | | |
| Write down which sport | | |
| and how much time. | | |
| Sports in school. | | |
| | | |
| | | |

Friday

| Morning | What and | d how much / man | v | | |
|------------------------------|-------------|------------------|----|---|------|
| Breakfast. | Wilai aii | a now mach, man | / | | -6/A |
| | | | | | |
| | | | | | |
| Drinks. | | | | | |
| | | | | | |
| | | | | | |
| Snacks between | | | | | |
| breakfast and lunch. | | | | | |
| | 1 | | | | |
| Afternoon | What and | d how much / man | У | | |
| Lunch. | | | | | |
| | | | | | |
| . | | | | | |
| Drinks. | | | | | |
| | | | | | |
| Snacks between lunch and | | | | | |
| dinner. | | | | | |
| umner. | | | | | |
| Evenine | What an | d how much / man | ., | | |
| Evening Dinner. | vvna i and | a now much / man | у | | |
| Diffiner. | | | | | |
| | | | | | |
| Drinks. | | | | | |
| | | | | | |
| | | | | | |
| Snacks between dinner | | | | | |
| and going to bed. | | | | | |
| A additional | I law man | | | | |
| Activity Wetching television | How man | y minutes | | | |
| Watching television. | | | | | |
| Spending time on the | | | | | |
| computer. | | | | | |
| Exercise (biking, walking | What? | | | | |
| to school, walking the dog, | How long? | | | | |
| etc.). | , low long, | | | | |
| Sports you choose to do. | | 1 | | 1 | |
| Write down which sport | | | | | |
| and how much time. | | | | | |
| Sports in school. | | | | | |
| | | | | | |
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Saturday

| Morning | What and | d how much / man | У | |
|-----------------------------|--------------|-------------------------|---|--|
| Breakfast. | | | • | |
| | | | | |
| | | | | |
| Drinks . | | | | |
| | | | | |
| | | | | |
| Snacks between | | | | |
| breakfast and lunch. | | | | |
| | | | | |
| Afternoon | What and | d how much / man | у | |
| Lunch. | | | • | |
| | | | | |
| | | | | |
| Drinks. | | | | |
| | | | | |
| | | | | |
| Snacks between lunch and | | | | |
| dinner. | | | | |
| | | | | |
| Evening | What and | d how much / man | У | |
| Dinner. | | | | |
| | | | | |
| | | | | |
| Drinks. | | | | |
| | | | | |
| | | | | |
| Snacks between dinner | | | | |
| and going to bed. | | | | |
| Activity | How man | y minutes | | |
| Watching television. | 71000 111011 | / 1111111100 | | |
| Transmig releviations | | | | |
| Spending time on the | | | | |
| computer. | | | | |
| Exercise (biking, walking | What? | | | |
| to school, walking the dog, | How long? | | | |
| etc.). | c long: | | | |
| Sports you choose to do. | | | • | |
| Write down which sport | | | | |
| and how much time. | | | | |
| Sports in school. | | | | |
| | | | | |
| | | | | |

Sunday

| | | | • | _(_ |
|-----------------------------|-----------|------------------|----|------|
| Morning | What and | d how much / man | У | 7 |
| Breakfast. | | | | |
| | | | | |
| | | | | |
| Drinks. | | | | |
| 51 mms . | | | | |
| | | | | |
| Snacks between | | | | |
| | | | | |
| breakfast and lunch. | | | | |
| Г | 1 | | | |
| Afternoon | What and | d how much / man | у | |
| Lunch. | | | | |
| | | | | |
| | | | | |
| Drinks. | | | | |
| | | | | |
| | | | | |
| Snacks between lunch and | | | | |
| dinner. | | | | |
| | 1 | | | |
| Evening | What an | d how much / man | ., | |
| Dinner. | Wildi and | a now mach / man | у | |
| Dinner. | | | | |
| | | | | |
| N. data | | | | |
| Drinks. | | | | |
| | | | | |
| | | | | |
| Snacks between dinner | | | | |
| and going to bed. | | | | |
| Activity | How man | y minutes | | |
| | riow man | y minures | | |
| Watching television. | | | | |
| Co. and discretions and the | | | | |
| Spending time on the | | | | |
| computer. | 144 | | | |
| Exercise (biking, walking | What? | | | |
| to school, walking the dog, | How long? | | | |
| etc.). | | | | |
| Sports you choose to do. | | | | |
| Write down which sport | | | | |
| and how much time. | | | | |
| Sports in school. | | | | |
| | | | | |
| | | | | |



Name:

