

# Eating diary

Monday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

<b>Activity</b>	How many minutes				
Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					

# Eating diary

Tuesday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

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Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					

# Eating diary

Wednesday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

<b>Activity</b>	How many minutes				
Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					

# Eating diary

Thursday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

<b>Activity</b>	How many minutes				
Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					

# Eating diary

Friday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

<b>Activity</b>	How many minutes				
Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					

# Eating diary

Saturday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

<b>Activity</b>	How many minutes				
Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					

# Eating diary



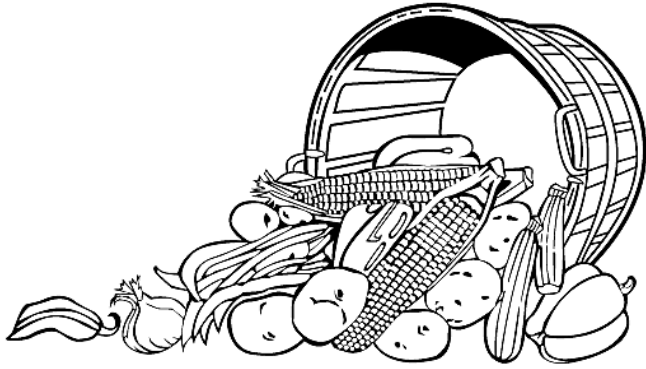
Sunday

<b>Morning</b>	What and how much / many
Breakfast.	
Drinks .	
Snacks between breakfast and lunch.	

<b>Afternoon</b>	What and how much / many
Lunch.	
Drinks.	
Snacks between lunch and dinner.	

<b>Evening</b>	What and how much / many
Dinner.	
Drinks.	
Snacks between dinner and going to bed.	

<b>Activity</b>	How many minutes				
Watching television.					
Spending time on the computer.					
Exercise (biking, walking to school, walking the dog, etc.).	What?				
	How long?				
Sports you choose to do. Write down which sport and how much time.					
Sports in school.					



# Eating diary

Name: \_\_\_\_\_

