

Student Journal



Screen time

Record how long you spend each day watching TV or films, using the computer out of school (this includes surfing the web, instant messaging etc), and playing video games unless these are active e.g. dance mat games, or Wii-fit or Wii sports games.

	Tally of time spent on screen time	Total time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Being Active

Record how long you spend each day being active this can include your PE lessons at school, playing sport, walking the dog, taking part in a sport or fitness club or activities such as using dance mats.

	Tally of time spent on being active	Total time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Fruit and Vegetables

Here you can record how many portions of fruit and/ or vegetables you eat each day.

A portion is about a handful or:

1 apple, pear, banana, orange or similar

3 heaped tablespoons of vegetables

1 cupful of berries or grapes

Desert bowl of salad

1 glass of fruit juice (only counts for 1 portion a day)

	Tally of fruit and vegetables eaten	Total portions
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Drinks

Here you can record what you drink throughout the day. Do not be too concerned over exact quantity class a drink as a can of drink or a large glass. This is just to give you a rough guide to which you are drinking most of.

	Water	Fizzy drinks	"Diet" Fizzy drinks	Fruit juice	Other
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					