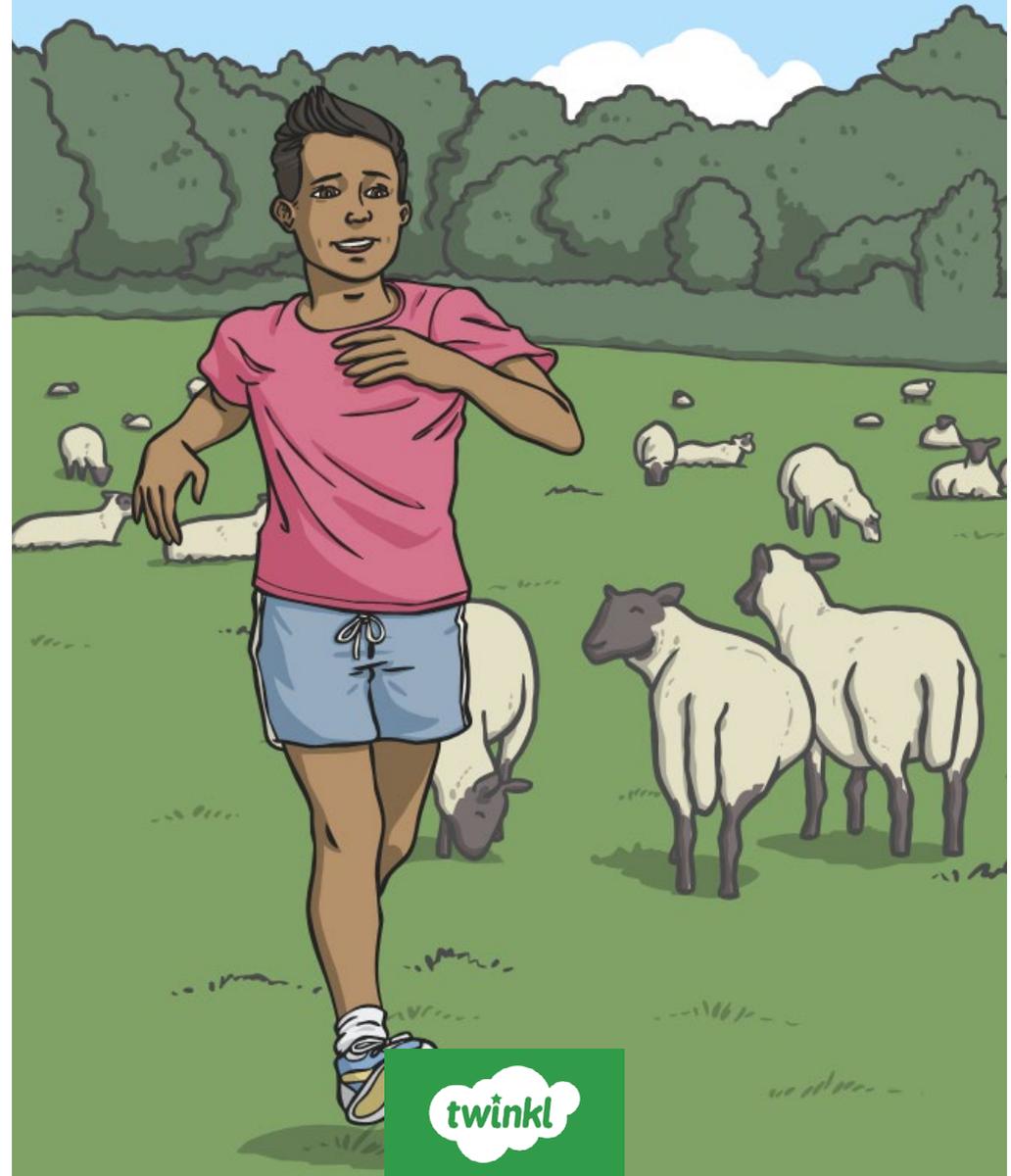


My Exercise Diary

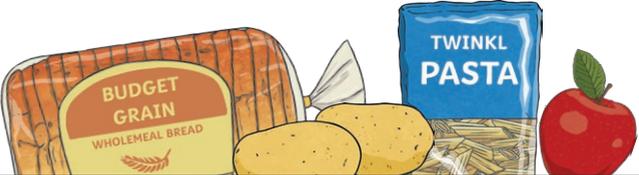


twinkl

Sunday

Draw or write what exercise you did today

morning	
afternoon	
evening	

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

Monday

Draw or write what exercise you did today

before
school

during
school

after
school

Saturday

Draw or write what exercise you did today

morning

afternoon

evening

Friday

Draw or write what exercise you did today

before
school

during
school

after
school

Tuesday

Draw or write what exercise you did today

morning

afternoon

evening

Wednesday

Draw or write what exercise you did today

before
school

during
school

after
school

Thursday

Draw or write what exercise you did today

morning

afternoon

evening