***ON FRIDAY, DRAW A BAR CHART TO SHOW THE INFORMATION YOU HAVE GATHERED THROUGHOUT THE WEEK*.**

WATER= I BOX FOR EVERY 2 LARGE GLASSES

FRUIT & VEG I BOX= 5 PIECES

ACTIVITY 1 BOX= 1 HOUR

ON-LINE 1 BOX= I HOUR

RELAXATION 1 BOX= 1 HOUR

	WATER	F & V	ACTIVITY	ON-LINE	RELAXATION