Using this table, keep a record each day of physical activity, sleep, relaxation, reading, water intake, fruit and veg and online time.

PHYSICAL ACTIVITY 1 box=30 mins

MON	TUES	WED	THURS	FRI

WATER 1 BOX= 1 LARGE GLASS

MON	TUES	WED	THURS	FRI

SLEEP 1 BOX=2 HOURS

MON	TUES	WED	THURS	FRI

ON-LINE TIME (EXCLUDING SCHOOL WORK)

1 BOX=30 MINS

MON	TUES	WED	THURS	FRI

FRUIT & VEG. 1 BOX= 1 PIECE OF FRUIT/VEG

MON	TUES	WED	THURS	FRI

RELAXATION 1 BOX= 30 MINS

MON	TUES	WED	THURS	FRI