



Name:..... Date:

HEALTHY ROUTINES

Write what you have eaten, drank and the exercise you have done over a weeks period, and report back to the class.

	FOOD EATEN	GLASSES OF WATER DRANK.	EXERCISE TAKEN
M O N D A Y	Breakfast		
	Lunch		
	Dinner		
	Snacks		
		
T U E S D A Y	Breakfast		
	Lunch		
	Dinner		
	Snacks		
		
W E D N E S D A Y	Breakfast		
	Lunch		
	Dinner		
	Snacks		
		
T H U R S D A Y	Breakfast		
	Lunch		
	Dinner		
	Snacks		
		
F R I D A Y	Breakfast		
	Lunch		
	Dinner		
	Snacks		
		



Name:..... Date:

S A T U R D A Y	Breakfast		
		
	Lunch		
		
	Dinner		
.....			
.....	Snacks		
.....			
Breakfast			
.....			
Lunch			
.....			
Dinner			
.....			
Snacks		

Also add how many hours sleep per day you got. Put a number in each day from when you went to be to when you woke up.

S L E E P	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL HRS
	HRS	HRS	Y HRS	HRS	HRS	HRS	HRS	SLEPT

Write about your habits and if you would change anything.

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“How does NASA organize a party?”
 “They planet.” Plan it... jejeje