

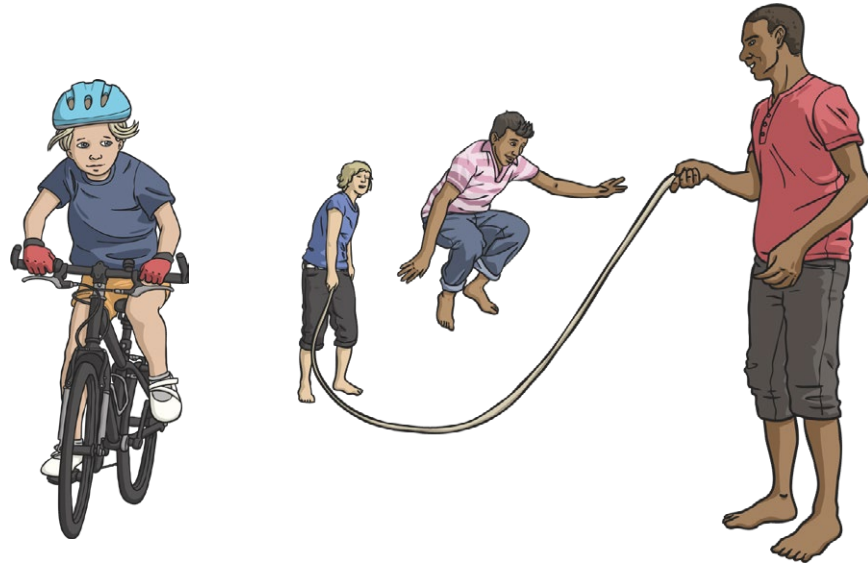
# My Exercise Diary



twinkl

Record all the physical activity you have done each day and the amount of time you spent on each activity.

It is recommended that you do an hour of exercise each day. Add up the time you spent on each activity to see if you met this recommendation.



# Notes

Space for any extra notes or drawings

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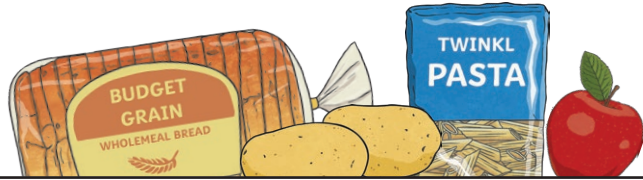






# Sunday

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