



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit, vegetables, salad							
Wholemeal cereals, breads, pasta, rice, potatoes							
Dairy (milk, yoghurt, cheese)							
Meat, poultry, fish, eggs, beans, nuts, seeds							
Fats, oils, spreads							
Fluid							
Physical activity (type, duration, steps)							



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Fats, oils, spreads							
Fluid							
Physical activity (type, duration, steps)							



Physical Activity and Exercise Diary

(type of activity, duration, steps)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday