

Healthy Lifestyles

Write a diary on what fruits and vegetables and how much exercise you and your family had during each day of the week for week 1 of our investigation. During week 2, set yourselves a goal to improve the amount of healthy eating you as a family are undertaking, including your exercise. At the end of week 2, note down how different you felt at the end of the week, why you think it's important to have a healthy lifestyle, and what changes you can make as a family to improve your lifestyle.

Week 1:

Day 1:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of vegetables.

As a family we did _____ minutes of physical activity by

Day 2:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of vegetables.

As a family we did _____ minutes of physical activity by

Day 3:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of vegetables.

As a family we did _____ minutes of physical activity by

Day 4:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of vegetables.

As a family we did _____ minutes of physical activity by

Day 5:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of vegetables.

As a family we did _____ minutes of physical activity by

Day 6:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 7:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

At the end of the week:

- We _____ realized:

- We _____ felt:

Week 2:

Day 1:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 2:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 3:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 4:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 5:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 6:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

Day 7:

I ate: _____ Fruits and _____ types of vegetables.

I did: _____ minutes of physical activity by

As a family we ate: _____ fruits and _____ types of
vegetables.

As a family we did _____ minutes of physical activity by

At the end of the week:

- We _____ realized:

- We _____ felt:

- We think it's important to have a healthy lifestyle because:

- We will do this from now on:

