## 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:						
l ate:	Fruits and		_ type:	s of vegetal	oles.	
l did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits a	and		types	of
As a family we did					_	by
Day 2:						
l ate:	Fruits and		_ type:	s of vegetal	oles.	
l did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits a	and		types	of
As a family we did					_	by
Day 3:						

I ate:	Fruits and	oles.				
I did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and _		type:	s of
As a family we did	I		_ minu	ites of phy	sical activity	by
Day 4:						
I ate:	Fruits and		type	es of vegetal	oles.	
l did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and _		type:	s of
As a family we did	I		_ minu	ites of phy	sical activity	by
Day 5:						
I ate:	Fruits and		type	es of vegetal	oles.	
I did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and _		type:	s of
As a family we did					_	by
Day 6:						
I ate:	Fruits and		type	es of vegetal	oles.	

I did:	minutes	of	physical	activity	by
As a family we ate:vegetables.	fruits	and _		type	es of
As a family we did				_	, by
Day 7:					
I ate: Fruits an	d	type	es of vegetal	oles.	
I did:	minutes	of	physical	activity	by
As a family we ate:vegetables.	fruits	and _		type	es of
As a family we did		_ minu	ites of phy	sical activity	, by
At the end of the week:					
- We 				real	ized:
- We 					felt:
Week 2:					
Day 1:					
I ate: Fruits an	d	type	es of vegetal	oles.	

I did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and		types	of
As a family we did			minut	tes of phys	ical activity	by
Day 2:						
l ate: Fru	uits and _		_ types	s of vegetab	oles.	
l did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and		types	of
As a family we did			minut	tes of phys	sical activity	by
Day 3:						
I ate: Fru	uits and _		_ types	s of vegetab	oles.	
		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and		types	of
As a family we did			minut	tes of phys	sical activity	by
Day 4:						
I ate: Fru	uits and _		_ types	s of vegetab	oles.	

I did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and		types	of
As a family we did			minu	tes of phys	sical activity	by
Day 5:						
I ate: Fru	uits and _		_ type:	s of vegetak	oles.	
l did:		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and		types	of
As a family we did			minu	tes of phys	sical activity	by
Day 6:						
I ate: Fru	uits and _		_ type:	s of vegetak	oles.	
		minutes	of	physical	activity	by
As a family we ate: vegetables.		fruits	and		types	of
As a family we did					_	by
Day 7:						
I ate: Fru	uits and _		_ type:	s of vegetak	oles.	

I		did:				minut	tes	of	physic	al act	civity	by
As	a '					fr	uits ar	nd _			_ type	s of
As	а	fami	ly we	did _				min	utes of	physical	activity	by
At 1	the	e end	of the	weel	<b>c:</b>							
	_	We									reali	zed:
	-	We										felt:
	-	We	think	it's	important	to	have	а	healthy	lifestyle	e beca	use:
	_	We		will	do		this		from	now		on: