



# CARING FOR THE **BODY**

## DIARY



# FOOD

## My Dream Diet



For Breakfast

A Snack

For Lunch

A Snack

For Dinner

# Things I **NEED TO DO** In My Day

Note down all the things you need to do in your day, from *playing sport* to *sleeping*. What kind of **food & drink** do you need to be able to do them?

[illegible]

# FOOD

## My Revised Diet



For Breakfast

A Snack

For Lunch

A Snack

For Dinner

My **Goal** For The Week

# FUEL



My food goal for the week is:

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These are the barriers I might face:

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I need this virtue to help me to achieve this goal:

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# REST

## How Much Do I Rest?



- How many hours do you sleep for on an average night?

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- What time do you usually go to bed?

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- What time do you actually go to sleep?

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- Do you have a 'getting ready for sleep' routine and what is it?

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- Do you argue with your parents or carers about bed time or getting up in the morning?

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# My **SLEEP** Rating

10



*I get enough good quality sleep.*

9

8

7

6

5



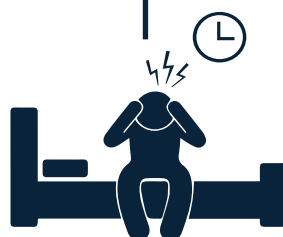
*I get some good quality sleep.*

4

3

2

1



*I get hardly any good quality sleep.*

My **Goal** For The Week

# REST



My rest goal for the week is:

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These are the barriers I might face:

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I need this virtue to help me to achieve this goal:

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These people may be able to support and help me:

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# EXERCISE



**How Much** Do You Know About Exercising?

1. \_\_\_\_\_

2. \_\_\_\_\_

3.

- ☐ Walking the dog
- ☐ Swimming 10 miles
- ☐ Riding your bike
- ☐ Skateboarding or roller-blading
- ☐ Walking to the shop or to college
- ☐ Sprinting

4. **True or false? Circle your answer.**

- |         |       |
|---------|-------|
| A: True | False |
| B: True | False |
| C: True | False |
| D: True | False |
| E: True | False |
| F: True | False |

5.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Exercise Audit

What do you do at least once each week?

Running  
Football/rugby  
Dance  
Cycling  
Judo or Karate

Tennis  
Yoga  
Swimming  
Climbing  
Boxing

Walking  
Basketball  
Aerobics  
Lifting weights  
Horse riding

Anything else? \_\_\_\_\_

How many minutes of moderate exercise did you do yesterday?

\_\_\_\_\_

How many minutes do you think you will do tomorrow?

\_\_\_\_\_

What stops you exercising?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What one thing can you do that will help you do more exercise during the day?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My Goal For the Week

# EXERCISE



My exercise goal for the week is:

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These are the barriers I might face:

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I need this virtue to help me to achieve this goal:

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These people may be able to support and help me:

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