Use the template below to make a food diary over the weekend.

Due Monday 18th January

| My Health Diary | Name: Date: |
|-----------------------------------------------|------------------------------------------|
| Breakfast | How many glasses of water did you drink? |
| Lunch | |
| | How many of your 5-a-day did you eat? |
| Dinner ——————————————————————————————————— | 金金金金金 |
| Snacks | How many hours of sleep did you get? |
| | J. J |
| Drinks | How did you feel overall? |
| | |