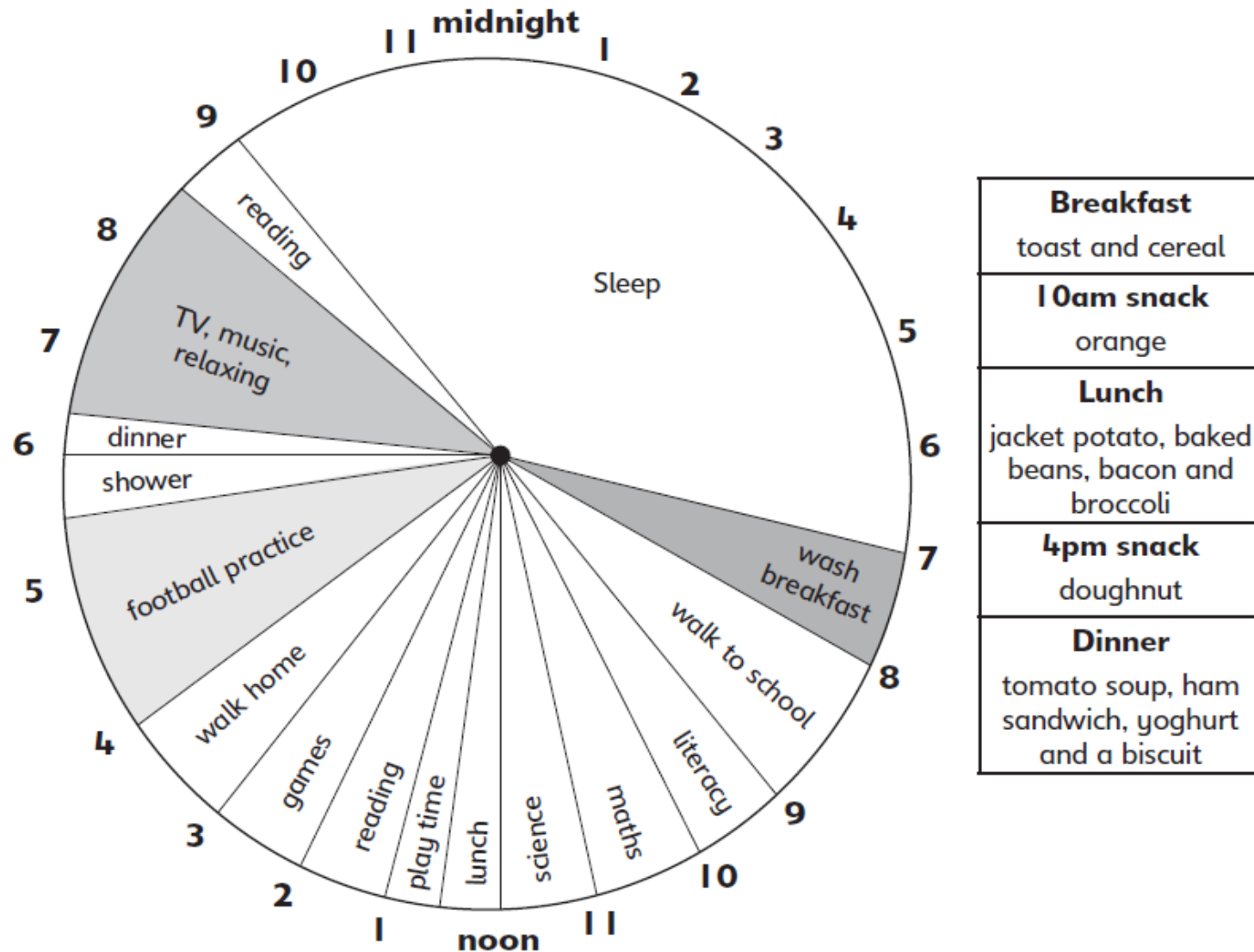
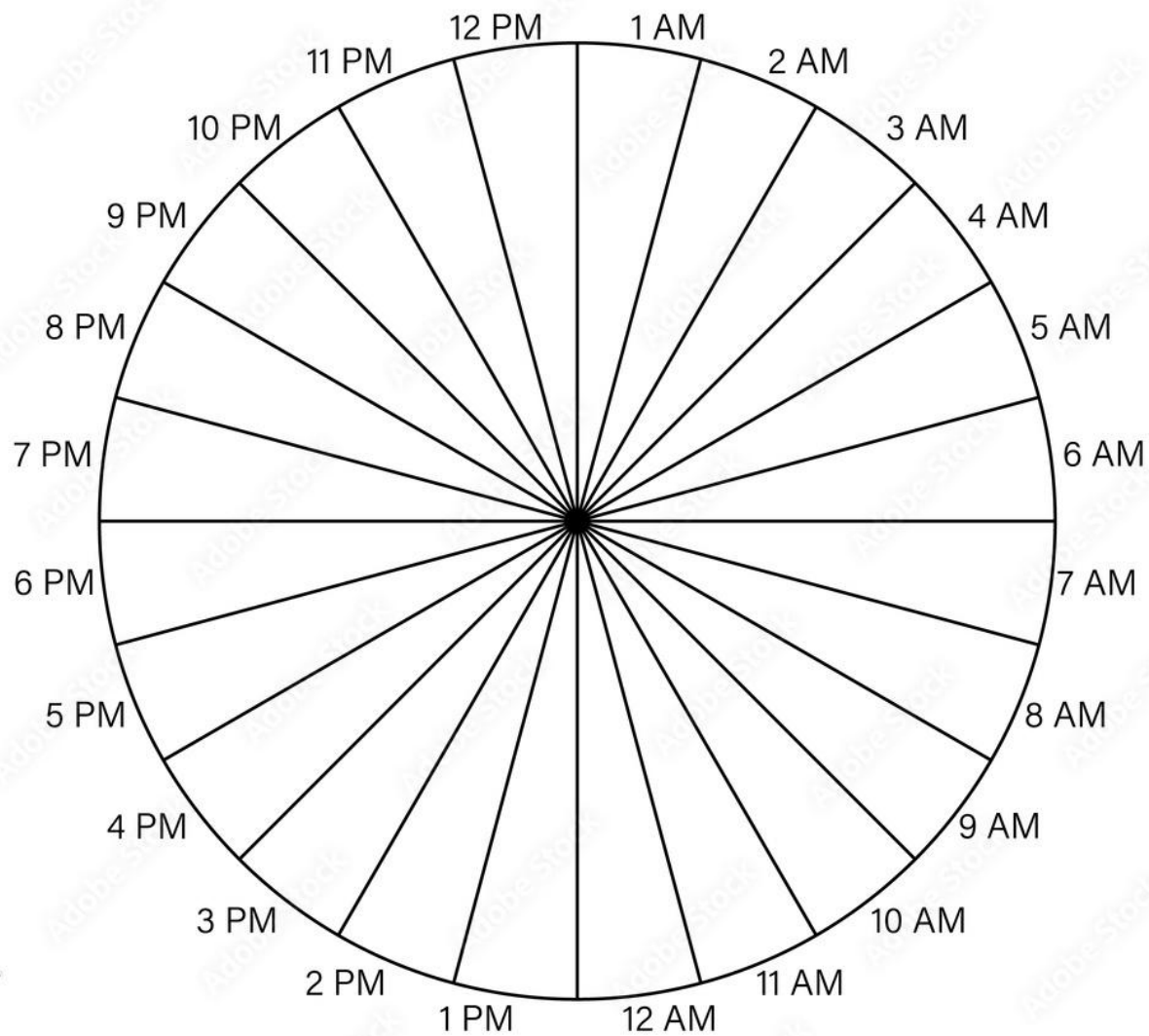


Daily activity diary

Choose one day – school day or weekend day and monitor your food, physical activity and sleep. This will help you in one of our upcoming science lessons. Look at the example below to help you.





Food: