

# Personal Training Diary

Week Beginning: \_\_\_\_\_

Think. Eat. Drink. Play.

Think. Eat. Drink. Play.

	Mon	Tues	wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
How many serves of Fruit & Veg did you eat today?							
<b>Physical Activity</b> (only count activity that you do for more than 10 mins continuously)							
How many minutes of physical activity did you do today?							

What was the main obstacle that stopped you from eating well this week? \_\_\_\_\_

What do you aim to change to be more active and / or to eat better next week? \_\_\_\_\_

