

HEALTH DIARY	male / female [mark]	“code”:	/	week [dates]
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<i>amount (average)</i>	lots	some	little	none
food fresh fruit ¹⁾				
vegetables ¹⁾				
dairy products / milk				
sugar				
fat				
drink water				
tea / coffee				
juice / soft drink				
alcohol				

<i>hours/night (average)</i>	≥ 11	≥ 10	≥ 9	≥ 8	≥ 7	≥ 6	≥ 5	≤ 5
sleep school days								
WE / holidays								

<i>times/week</i>	0 x	1 x	2 x	3 x	4 x	5 x	6 x	≥ 7 x
exercise ²⁾ in/for school ³⁾								
outside school ³⁾								

<i>hours/day (average)</i>	≤ 0,5	≤ 1	≤ 1,5	≤ 2	≤ 2,5	≤ 3	≤ 3,5	≥ 4
time without exercise ⁴⁾								
school days								
WE / holidays								

special observations ⁵⁾ (if any)	
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¹⁾ specification optional

²⁾ any kind of physical exercise including PE lessons, games, cycling, walking ...

³⁾ classify and put in l, m, or h (light, **m**edium, **h**ard)

⁴⁾ i.e. sitting still outside lessons for studying, reading, PC, TV ...

⁵⁾ e.g. exams, injuries, illness, or other kinds of stress