

HEALTH HABIT DIARY

Name _____ Period _____ Assign # _____ Date completed _____

Directions: Keep a health habit diary for one week. List all the foods eaten, the amount of exercise done, and the number of hours of sleep. Evaluate strong and weak points at the end of the week.

DAY OF WEEK	FOODS EATEN	EXERCISE DONE	AMT.OF SLEEP
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

LIST WEAK POINTS:

LIST STRONG POINTS: