

My child's food diary and activity tracker

It's best to look at what my child eats, drinks and does over a whole week, rather than 1 day.

Kids often snack through the day, or eat little bits all day long. It can be hard to have a good idea of what they eat in a week. Keep this sheet on the fridge, and jot down everything your child eats and drinks, and any physical activity they do. (You can use one for yourself too 😊)

Date.....	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							
Activity and Time Taken							

Use it again to plan your child's meals, snacks and drinks, and the amount and type of activities you will offer