

Worksheet for Life Lesson 1: Keeping Track of Your Eating, Sleeping, and Exercise

You can make this chart as simple or detailed as you want. For example, you can check the boxes to show that you ate breakfast and lunch, or you can write down what you ate for your meals or how many grams of protein you ate. For exercise, you can aim for once a week if you're not exercising at all right now or try to get moving 5 days a week if you now exercise only two or three. You could also write down the number of minutes and/or name of the activity you did. For sleep, aim for 9 hours or the recommended number of hours for your age.

Challenge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (Protein)							
Lunch (Protein)							
Exercise (Minutes)							
Sleep (Hours)							