

Fitness and Food Diary

Food Diary for Monday

1. How are you finding this assignment?

2. What challenges have you experienced whilst completing this assignment?

Food Diary for Tuesday

1. How are you finding this assignment?

2. What challenges have you experienced whilst completing this assignment?

Food Diary for Wednesday

1. How are you finding this assignment?

2. What challenges have you experienced whilst completing this assignment?

Food Diary for Thursday

1. How are you finding this assignment?

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2. What challenges have you experienced whilst completing this assignment?

Food Diary for Friday

1. How are you finding this assignment?
2. What challenges have you experienced whilst completing this assignment?

Food Diary for Saturday

1. How are you finding this assignment?
2. What challenges have you experienced whilst completing this assignment?

Food Diary for Sunday

1. How are you finding this assignment?
2. What challenges have you experienced whilst completing this assignment?

Marking Criteria

1. Complete the food diary table.
2. Complete the food diary WS.
3. Handed in on time.
4. Both the food diary WS and Food Diary Table have to be handed in at the same time.

Marks

- Partial completion will be partial marks
- The project is out of 25 marks

Food diary table	/10
Food Diary WS	/10
Handed in on time	/5
	/25