

## Weekly Physical Activity and Diet Reflection Sheet

**Rate how physically active you were this week out of 5 stars.**

As a guide, each star could be worth 2 hours of active time.  
Active time can include a wide range of activities that involve you moving your body (e.g. dancing, playing games in the backyard, going for a walk, house work etc.)



**List all the different ways you were able to be physically active this week:**

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Explain why you have given yourself this score:

**Thinking about what you have eaten this week, how healthy do you believe you have been out of 5 stars?**

To give yourself 5 stars, you should have had a balanced diet including foods from all food groups on the healthy eating pyramid.



**List some of the healthy food options you have eaten this week:**

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Explain why you have given yourself this score: