


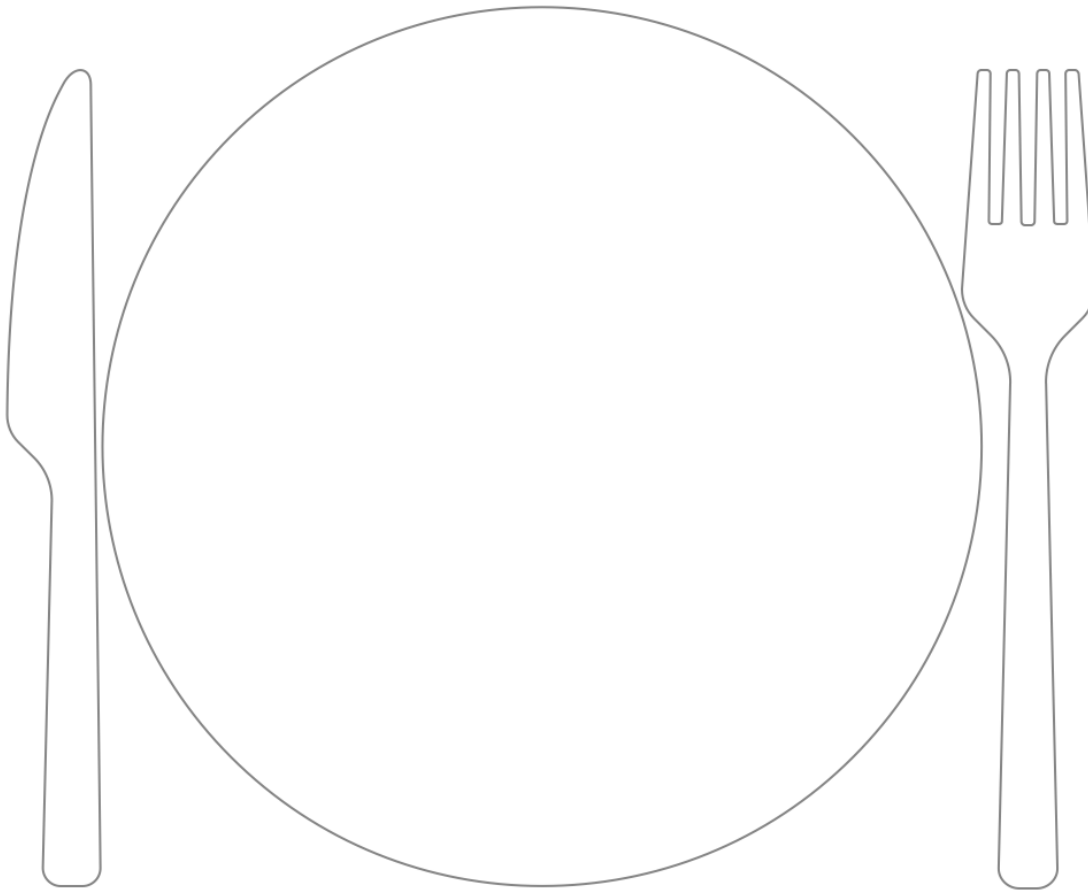
Brownies Healthy Heart

If you complete all these tasks then you will get your healthy heart badge!

Day	Drinks (colour blue for water, other colours for other drinks)	Food that I ate that was Protein	Food that I ate that was Carbohydrate	Fruit and veg that I ate today (draw a small picture of it)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Design us your favourite meal - remember it needs to be a well balanced plate of food

What exercise I've done this week & how long for.



Monday

Time:

Tuesday

Time:

Wednesday

Time:

Thursday

Time

Friday

Time

Saturday

Time

Sunday

Time

3 times I've taken my pulse after exercise

1. Exercise:

Time done for:

Pulse point used & pulse:

2. Exercise:

Time done for:

Pulse point used & pulse:

3. Exercise:

Time done for:

Pulse point used & pulse: