

Breakfast Data Collection form forFred

* Type = Meat/Fish, Dairy, Cereal, Bread/Cake, Fruit/Veg

Day	Eat well		Get active	
	Item	Food group	Activity	Time taken (mins)
Mon	Mango	Fruit/Veg	Walked to school	15
Mon	Corn flakes	Cereal		
Mon	Milk	Dairy		
Mon	Toast	Bread/Cake		
Tues	Sugar puffs	Cereal	Nothing	0
Tues	Milk	Dairy		
Tues	Yoghurt	Dairy		
Wed	Eggs	Dairy	Ran up and down stairs 3 times	1
Wed	Bacon	Meat/Fish		
Wed	Mushrooms	Fruit/Veg		
Wed	Toast	Bread/Cake		
Wed	Orange juice	Fruit/Veg		
Thurs	Toast	Bread/Cake	Nothing	0
Fri	Bacon	Meat/Fish	Swimming club	60
Fri	Beans	Fruit/Veg		
Fri	Toast	Bread/Cake		
Fri	Grilled tomato	Fruit/Veg		
Sat	Kippers	Meat/Fish	Walked the dog	30
Sat	Toast	Bread/Cake		
Sun	Sugar puffs	Cereal	Walked the dog	25
Sun	Milk	Dairy		
Sun	Toast	Bread/Cake		

SUMMARY

	Meat/Fish	Dairy	Cereal	Bread/cake	Fruit/Veg
Mon		1	1	1	1
Tues		2	1		
Wed	1	1		1	2
Thurs				1	
Fri	1			1	2
Sat	1			1	
Sun		1	1	1	
Total	3	5	3	6	5

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Active (mins)	15	0	1	0	60	30	25

The shaded cells show the values that must be entered into the spreadsheet.

Breakfast Data Collection form forCallum

Day	Eat well		Get active	
	Item	Food group	Activity	Time taken (mins)
Mon	Coco pops	Cereal	Walked to school	15
Mon	Milk	Dairy		
Tues	Bread	Bread/Cake	Swimming	60
Tues	Bacon	Meat/Fish	Walked to school	10
Tues	Banana	Fruit/Veg		
Wed	Coco pops	Cereal	Walked to school	15
Wed	Milk	Dairy		
Wed	Toast	Bread/Cake		
Thurs	Bread	Bread/Cake	Walked to school	15
Thurs	Bacon	Meat/Fish		
Fri	Apple juice	Fruit/Veg	Walked to school	15
Fri	Toast	Bread/Cake		
Sat	Sausages	Meat/Fish	Swimming	30
Sat	Toast	Bread/Cake		
Sun	Bacon	Meat/Fish		
Sun	Sausages	Meat/Fish	Bike ride	120
Sun	Bread	Bread/Cake		
Sun	Fruit juice	Fruit/Veg		

SUMMARY

	Meat/Fish	Dairy	Cereal	Bread/cake	Fruit/Veg
Mon		1	1		
Tues	1			1	1
Wed		1	1	1	
Thurs	1			1	
Fri				1	1
Sat	1			1	
Sun	2			1	1
Total	5	2	2	6	3

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Active (mins)	15	70	15	15	15	30	120

The shaded cells show the values that must be entered into the spreadsheet.

Breakfast Data Collection form forAnya

Day	Eat well		Get active	
	Item	Food group	Activity	Time taken (mins)
Mon	Apple	Fruit/Veg	Nothing	0
Mon	Rice Krispies	Cereal		
Mon	Milk	Dairy		
Mon	Muffin	Bread/Cake		
Tues	Sugar puffs	Cereal	Walked to bus	10
Tues	Milk	Dairy		
Tues	Muffin	Bread/Cake		
Wed	Scrambled egg	Dairy	Nothing	0
Wed	Toast	Bread/Cake		
Wed	Orange juice	Fruit/Veg		
Thurs	Orange juice	Fruit/Veg		
Thurs	Sugar puffs	Cereal	Nothing	0
Thurs	Milk	Dairy		
Thurs	Toast	Bread/Cake		
Fri	Nothing		Walk to college	20
Sat	Egg	Dairy	Nothing	0
Sat	Toast	Bread/Cake		
Sun	Sugar puffs	Cereal	Walking	45
Sun	Milk	Dairy		
Sun	Toast	Bread/Cake		

SUMMARY

	Meat/Fish	Dairy	Cereal	Bread/cake	Fruit/Veg
Mon		1	1	1	1
Tues		1	1	1	
Wed		1		1	1
Thurs		1	1	1	1
Fri					
Sat		1		1	
Sun		1	1	1	
Total	0	6	4	6	3

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Active (mins)	0	10	0	0	20	0	45

The shaded cells show the values that must be entered into the spreadsheet.