

Five A Day Diary Sheet

Intro:

It is important to live a healthy lifestyle and an important part of this is a balanced diet- and this includes eating at least five portions of fruit or veg' a day. This diary will help you keep track of what you eat over a period of one week. The answers you give will then be put into an analysis system that mimics the layout of this diary so as to make your life as easy as possible. Simply complete the diary style table below. Please answer truthfully for the best results.

1. How many of the fruits or vegetables you ate today were?

| | Red | Orange/ Yellow | Green | Blue/ Purple/ Brown | White | Fruits | Vegetable |
|------------------|-----|-------------------|-------|---------------------------|-------|--------|-----------|
| | | | | | | | |
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Saturday | | | | | | | |
| Sunday | | | | | | | |

Answer these three questions at the end of your week:

Did you find sticking to the five a day rule easy? ☐ Yes ☐ No

Will you try and continue to eat like this after this week? ☐ Yes ☐ No

How many times a week do you exercise? ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 or more

Thank you for participating in my survey and I hope very much that you will try to continue eating FIVE A DAY. If you manage to stick to it you will see a rapid climb in your general health and you will also begin to feel much better.

Many Thanks.