

Reality check datasheet evidence of change:

Five A Day Diary Sheet revised - Microsoft Word

File Edit View Insert Format Tools Table Window Help

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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

This is the revised version of the data sheet.

In the feedback I received for my first model (below) it was brought to my attention by a test user that in the columns of my table the fruit or vegetable for colour green was missing. As you can see in the screenshot above my table was revised. It was also picked up on that I made several typing errors in my introductory paragraph these have also been revised.

Five A Day Diary Sheet - Microsoft Word

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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 answer the questions each day for one week in 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	Blue/ Purple/ Brown	White	Fruits	Vegetable
Monday						
Tuesday						
Wednesday						
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Sunday						

"Five A Day Diary Sheet": 1,074 characters (an approximate value)