

My Family Change Checker

Date: _____

Review Date: _____

A day in the life of the _____ family.

Use this worksheet to write about your family routine at the moment.

Think Food

What and when do you eat, drink?

At present:

Changes we could make:

Think Fitness

What do you do and how often do you do it?

What hobbies do you have?

At present:

Changes we could make:

Think Family

When do you get up?

When do you go to bed?

At present:

Changes we could make: