

**California Cadet Corps
Personal Wellness Journal**

INSTRUCTIONS:

For each day of one week, write down in your journal: 1) everything you eat; 2) the type of physical exercise in which you participated and the amount of time spent doing so; and 3) the number of hours you slept.

Write down the meal, snacks, and physical exercise information as soon as you can, but no later than the end of each day. The ***Hours of Sleep*** column should be completed each morning.

At the end of the week, review your journal, and write in the *Specific Area(s) Where I Need Improvement* section the areas where you feel you need improvement for a healthier lifestyle.

WEEK OF 04/02 TO 04/08

| Day of the Week | Breakfast | Lunch | Dinner | Snacks | Physical Exercise and # of minutes | Hours of Sleep |
|-----------------|--|---|---|---|--|----------------|
| Sunday | Fruit Loops Banana 8 oz milk 1 slice of toast | Turkey sandwich with lettuce, tomato, and mayo 12 oz water | Chicken breast Mixed veggies Baked potato 8 oz fruit punch | Granola bar Orange Monster drink | Rest day | 7 |
| Monday | Sweet roll Apple 8 oz milk | Cheese Sandwich Fruit cup 12 oz soda | 12 oz steak Corn Rice 12 oz water | Candy bar 16 oz diet soda | Walked to school (15) Cadet mile run (20) Walked home (15) | 8 |
| Tuesday | 2 slices of toast with jelly 8 oz orange juice | Cheese and crackers Apple 12 oz soda | Mixed green salad Lasagna Garlic bread 16 oz. diet soda | French fries Grapes Monster drink | Walked to school (15) Walked home (15) Basketball (60) | 7 |

Specific Area(s) Where I Need Improvement: Breakfast choices need to be healthier (less sugar, more protein); need to drink more water and less soda and fewer Monster drinks; choose healthier snacks. Get more sleep.