

## Appendix B - My Health Behaviours - Snapshot

	Example	Day 1	Day 2	Day 3
<b>My Eating Habits</b>				
What did I eat and drink for: Breakfast	2 pieces of whole wheat toast with peanut butter, banana and water			
Lunch	Pepperoni pizza and a yogurt smoothie			
Dinner	Greek salad with chicken, rice and juice			
Snacks	Popcorn (am), cheese & crackers (pm), sport drink			
<b>My Physical Activity</b>				
How many minutes did I spend being physically active?  What did I do? (walking, running, yoga, soccer ...)  What type of activity was it? (strength, endurance, balance, flexibility)  How intense was the activity? (light, moderate, vigorous)	20 minutes walking to/from school (light, endurance)  20 minutes intramural soccer at lunch (moderate, endurance)  60 minute yoga class (moderate, flexibility and strength)			
<b>My Sedentary Behaviour</b>				
How much time did I spend being sedentary? (sitting for long periods, using motorized transportation).  How much screen time did I have? (watching television, playing video games, on a computer, tablet or smartphone)	About 4 hours sitting in classes  5 hours while watching Netflix and doing homework  7 hours screen time through the day			
<b>My Sleep</b>				
How many hours of uninterrupted sleep did I get the night before?	8 hours sleep total (3 hours then woke up once, slept another 5 hours)			