







DAIRY AND EXERCISE JOURNAL

Complete your dairy and exercise journal as part of Health Bones Action Week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>ONE SERVE OF DAIRY IS EQUAL TO</p> <p><input checked="" type="checkbox"/>  Milk 1 cup (250ml) OR</p>	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves
<p><input checked="" type="checkbox"/>  Yogurt 3/4 cup (200g) OR</p>	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves
<p><input checked="" type="checkbox"/>  Cheese 2 slices (40g)</p>	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves	<input type="checkbox"/> how many serves
<p><input checked="" type="checkbox"/>  EXERCISE THAT'S GOOD FOR HEALTHY BONES Skipping</p>	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours
<p><input checked="" type="checkbox"/>  Running</p>	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours
<p><input checked="" type="checkbox"/>  Jumping</p>	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours	<input type="checkbox"/> minutes/hours