## Write a Diary

People write diaries for all sorts of reasons and it's amazing what you can learn about yourself from just one week of diary writing.

There's lots to think about, including nominating a person who had the most positive impact on your day.

When you've written a diary for a week, see what you have learnt about yourself and staple the diary together with a cover... you never know, you might get a taste for it!





Monday				
Date://	Time I got up:	Time I went to bed:		
What happened today? Use emojis to show how you felt at each point.				
My biggest achievement today:				
My aim for tomorrow:				
Person of the day:				
What I ate and drank today:				
Exercise I did today:				





Tuesday				
Date://	Time I got up:	Time I went to bed:		
What happened today? Use emoj	What happened today? Use emojis to show how you felt at each point.			
My biggest achievement today:				
My aim for tomorrow:				
Person of the day:				
What I ate and drank today:				
Exercise I did today:				
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Wednesday				
	Wednesday			
Date:/	Wednesday  Time I got up:	Time I went to bed:		
Date:// What happened today? Use emoj	Time I got up:			
	Time I got up:			
	Time I got up:			
	Time I got up:			
What happened today? Use emoj	Time I got up:			
What happened today? Use emoj  My biggest achievement today:	Time I got up:			
What happened today? Use emoj	Time I got up:			
What happened today? Use emoj  My biggest achievement today:	Time I got up:			



Exercise I did today:



Thursday			
Date://	Time I got up:	Time I went to bed:	
What happened today? Use emo	iis to show how you felt at each	point.	
My biggest achievement today:			
My aim for tomorrow:			
Person of the day:			
What I ate and drank today:			
Exercise I did today:			
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Friday			
Date://	Time I got up:	Time I went to bed:	
What happened today? Use emo	is to show how you felt at each	point.	
My biggest achievement today:			
My aim for tomorrow:			
Person of the day:			
What I ate and drank today:			
Exercise I did today:			





Saturday			
Date:/	Time I got up:	Time I went to bed:	
What happened today? Use emo	jis to show how you felt at each	point.	
My biggest achievement today:			
My aim for tomorrow:			
Person of the day:			
What I ate and drank today:			
Exercise I did today:			
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	Sunday		
Date:/	Time I got up:	Time I went to bed:	
What happened today? Use emo	jis to show how you felt at each	point.	
My biggest achievement today:			
My aim for tomorrow:			
Person of the day:			
What I ate and drank today:			
Exercise I did today:			





Week Review							
The good things α	bout writing a dia	ry were	:				
The bad things ab	out writing a diar	y were:					
Most used emoji	Least used emoji	Most mentioned person		Most mentioned thing			
My biggest achiev	ement of the week	was:					
What I learnt about my food and drink:							
What I learnt abo	ut my exercise:						
What I learnt abo	out my sleep:						
What I learnt abo	ut my friends:						
Anything else I le	arnt:						
My aims for the w	veeks to come:						
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by \_\_\_\_\_ aged \_\_\_\_



