BET Award

Healthy Lifestyle portfolio

In order to meet this requirement for the BET Award we would like students to investigate their own eating, sleeping and exercise habits.
We suggest that on starting the Award you carry out the following:

1. Maintain a food diary for a week
2. Keep a record of the amount of sleep you have in a week
3. Keep a record of the exercise you take (include things like walking to school) in a week
4. Evaluate your habits taking into account current guidelines for people your age
5. Set yourself 3 targets for improvement over a three month period
6. At the end of the three months, re-evaluate your performance

Useful websites:
http://www.eatwell.gov.uk/healthydiet/eatwellplate/,
http://www.bbc.co.uk/health/healthy_living/fitness/,
http://news.bbc.co.uk/1/hi/magazine/7967968.stm

Finally, you will need to write an evaluation of the activity for the BET Award portfolio