

Student Health Diary

Eighth Grade 4th Quarter Science Project

During the following two weeks you will make a health diary. The purpose of the diary is to make you acquainted with your body and its recordable responses.

Equipment needed

Thermometer, Blood pressure monitor (school), scale, & diary.

Procedure

Every morning and evening record your temperature,
At school monitor your blood pressure. Skip on weekends unless you have a monitor cuff at home.

Record the food you eat, the amount/calories, and when you ate it.

Record feeling and time of happening. Remember to look for patterns. How you feel might be because of mental and/or physical factors (like sleep, types of food eaten, stress, and amount of exercise).

Finally sum up your day.

At the end of the two weeks write a one to two page report on what you learned about yourself.

This project is to run two weeks starting _____ and running to _____

This project is worth 50 pts. upon total completion

DAILY HEALTH DIARY

Date _____

Diet can effect health with allergies and energy requirements. Keep a diary of the food eaten amount/calories, and time it was ate.

Time	amount/calories	Food	Time	amount/calories	Food
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

How many calories did you consume today? _____ How much liquids? _____

Exercising is important, record when, total time on exercise, and exercise you have done.

When	Total Time	Exercise	When	Total Time	Exercise
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Other Recordings

Morning temperature _____ Evening Temperature _____

Blood pressure _____ Weight change from start up _____

Were you sick today? _____ What were the symptoms? _____

Periodic Feelings

Time	Feeling	Time	Feeling
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How long did you sleep in the past 24 hours? _____ How did you sleep? _____

Did you feel rested or tired today? _____

Do you see a pattern emerging? What is it? _____

So how do you rate this day?