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| **Monday** |
| **I got up at…** | **Breakfast** | **Lunch** | **Dinner** | **snacks** | **Exercise** | **I went to bed at…****In bed I…** |
| **Today I felt….** |

**Fisherton Primary Health Week 11th-15th September207 ![C:\Users\SA14HamiltonH.SAYR\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P4YCDFRL\001-40046_SMJPG_9F997307JV110173R[1].jpg]()**