

Callum's Day

8:45 a.m.

Gets a lift to school with his friend's dad

Do you think Callum has a healthy lifestyle?

5 a.m.

6 a.m.

7 a.m.

8 a.m.

9 a.m.

8:15 a.m.

Gets up, watches television, has a packet of chips and a glass of orange juice for breakfast



11:30 a.m.

Has a muesli bar, a chocolate biscuit and fruit juice at recess

10 a.m.

11 a.m.

12 p.m.

1 p.m.

2 p.m.

1:30 p.m.

Has a salad sandwich, a banana and a bottle of water for lunch

