

NAME: _____ DATE: _____ Your Supporters name & mobile: _____

Fortnight 2. MY CHEWING DIARY.

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
WAKE UP							
BEFORE WORK							
LUNCH							
DURING WORK							
AFTER WORK							
EVENING							
BIGGEST CHALLENGE							
PGK							

In each cell note the time you chewed, how much the buai cost and who you are with. E.g 6am alone on bus, K2