

Appendix B: **Lifestyle Pie Chart**

Name: Day:

Use the same colours of pencil crayons to colour your Lifestyle Pie Chart categories on Day 1 and Day 5 Colour your chart based on how you think you will spend your time today

**1 section = 1 hour** Total pie chart = 24 hours = 1 day (If less than 1 hour, fill in part of a section)

**LEGEnD FOR ChART:**

Sleep Time Travel Time School Time Active Time Screen Time Meal Time

Reading/Homework Time Other



Appendix B: **Lifestyle Pie Chart (Teacher Instructions)**

**Lifestyle Pie Chart (Teacher Instructions)**

Show Overhead #1 (from Appendix C) This is a sample Lifestyle Pie Chart that illustrates one student's lifestyle

Explain that the Lifestyle Pie Chart illustrates how this person spends his or her time in a 24 hour day

Explain the legend categories, which together describe typical activities in

a person’s day It works well to colour in the charts As you will be asking students to use specific colours for their Lifestyle Pie Charts

Overhead #1

Sample Lifestyle Pie Chart for Grade 4 Students

3 hours other

3 hours screen

8 hours sleep

Sleep Travel

School

needed to grow and be healthy going to/from school

from arrival at school to departure

when engaged in physical activities, e g , sports, walking, dancing, biking

watching, playing, using any type of screen

breakfast, lunch, dinner, snacks

6 hours school

2 hours travel

Active

Screen

Overhead #2

Sample of a Healthy Lifestyle Pie Chart for Grade 4 Students

Meals

Reading/Homework

Other

interesting fun activities, crafts, talking/playing with friends, etc (time to complete remaining

24 hours)

2 hours other

2 hours active

1 1/2 hour travel

Show Overhead #2, the sample Lifestyle Pie chart that illustrates a healthy lifestyle

Compare and contrast the lifestyles illustrated on the two overheads

Assign and record colours for each category in the legend, so it is easy for the class to compare pie charts afterwards

Ask students to complete their own pie charts This is an estimate and will involve some guessing Encourage the students to shade half of a section if they need to represent half an hour The shading can be

along the “slice”, or across it, and degree of accuracy will vary by student grade level

1 1/2 hour meals

1 hour screen

10 hours sleep

6 hours school