



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>60 minutes</i>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

HEALTH JOURNAL ENTRY: PACKAGE #3
SOCIAL NETWORKING & HEALTH

For youth, technology is not just about gaming or social media posts. It is a place to connect and hang out.

A social network is a place on the internet where interactions occur between friends, and where new friendships and networks are formed.

Do you have any social networks? If yes, what are they and how much do you socialize on them?

What could be some advantages of having these types of social networks?

What could be some disadvantages or negative consequences of having these types of social networks?

What are some ways in which you could solve some of the disadvantages or negative consequences of these social networks?

Think of the consequences to you or others before you post.



THE SCOOP ON SUGAR

How much sugar you're eating, may surprise you.

Sugar is a carbohydrate that provides energy to the body.

Other than providing energy, sugar has no other nutritional benefits for your body.

The Heart and Stroke recommends that an individual's Total intake of added/free sugars not exceed 10% of total daily energy intake. For an adult, 10% would equal approximately 12 teaspoons or less. This does not include sugar that occurs naturally in fruit, vegetables, milk, grains and other foods.

What are some sugary drinks or foods high in sugar that you can think of?



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Sugary drinks are the single largest contributor of sugar in the diet.

A single 355 mL can of sugar-sweetened pop contains up to 40 grams (about **10 teaspoons**) of **sugar** and no health benefits.

Note: 1 teaspoon = 1 sugar cube



What Does it Mean to be Healthy?

What does it mean to be healthy? There are many aspects to being healthy such as being well in mind and body, physically and emotionally. Feelings and emotions can be healthy or unhealthy and can lead to activities that are physically unhealthy, such as poor food choices or smoking. If your body and mind are healthy, you are considered well and healthy.

It is always important to ask these questions and to always be thinking of your health.

How do you feel if you are healthy?

If you are not feeling healthy, how do you feel?

How are feelings and emotions part of being healthy?

How does the food you eat and the physical activity you get affect your health?
