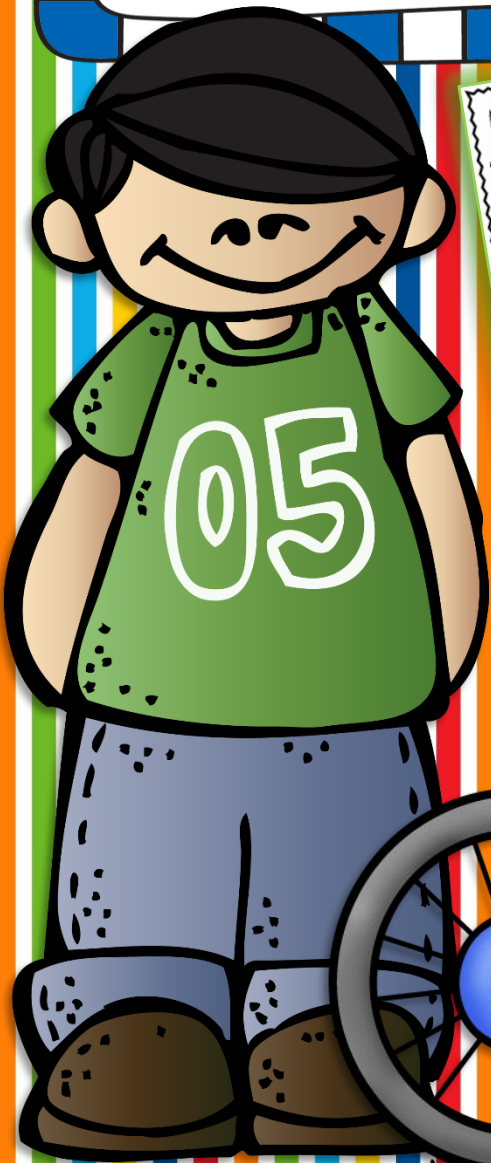




# Weekly Student Physical Activity and Nutrition Log



**Nutrition Log**

Name: \_\_\_\_\_  
Week of: \_\_\_\_\_

Fill in what you eat.  
Color each glass of water you drink.

fruits  
grains  
dairy  
protein  
vegetables

Do you have a happy plate?

**Physical Activity Log**

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 3-23-14	Soccer 15 min.	Walking 30 min.	Climbing trees 15 min.	60 min.
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: 60 Minutes

Name: \_\_\_\_\_  
Week of: \_\_\_\_\_





# Physical Activity Log

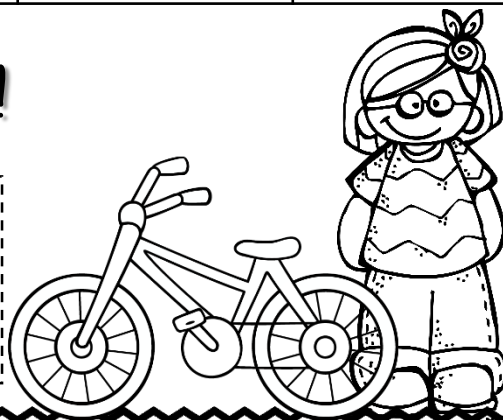


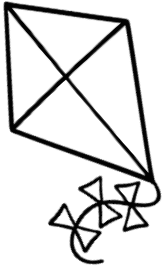
Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
<i>Wednesday</i> <i>3-25-14</i>	<i>Soccer</i> <i>15 min.</i>	<i>Walking</i> <i>30. min</i>	<i>Climbing</i> <i>trees 15 min.</i>	<i>60 min.</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: 60 Minutes Daily!

Name: \_\_\_\_\_

Week of: \_\_\_\_\_





# Sample Activities



Goal: **60** Minutes Daily!

There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities.

- playing chase
- freeze tag
- playing catch
- climbing trees
- jumping rope
- riding a bike
- skateboarding
- playing basketball
- dribbling
- dancing
- swimming
- sledding
- walking the dog
- playing hopscotch
- running
- skating
- kicking a ball
- soccer
- flying a kite
- doing cartwheels
- riding your scooter
- jumping on the trampoline
- cleaning your room

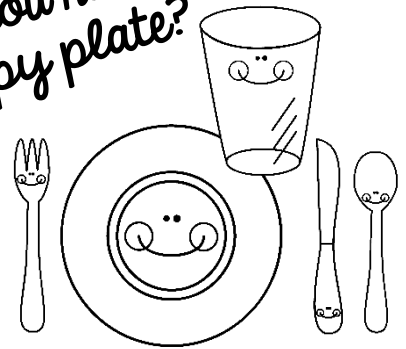
You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 60 minutes of some activity each day for good health.

# Nutrition Log

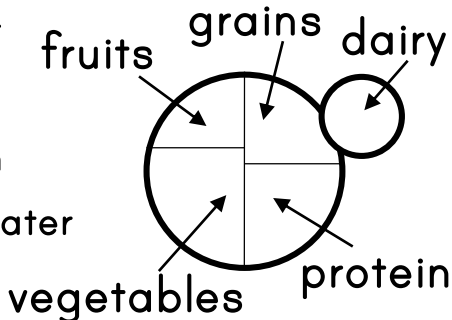
Do you have a happy plate?

Name: \_\_\_\_\_

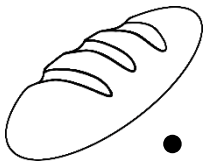
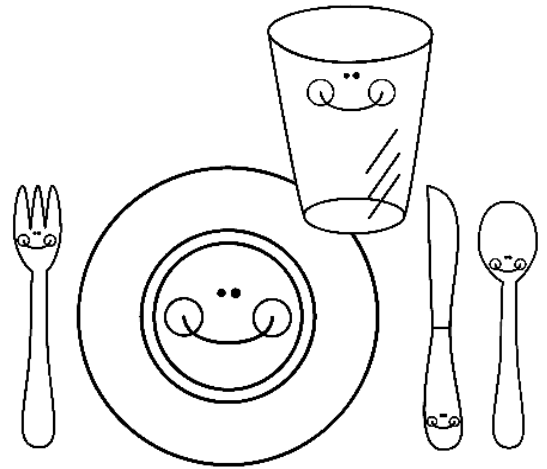
Week of: \_\_\_\_\_



Fill in what you eat.  
Color each glass of water you drink.



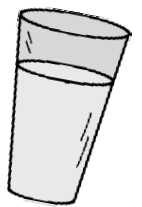
# Nutrition for a Happy Plate & Healthy Life



- Half of your plate should be grains. Whole grains are best!
- Half of your plate should be vegetables & fruits. Fruits make a great healthy snack!



- Choose lean proteins. Try to choose some non-meat proteins. Beans, nuts, and eggs are proteins, too!
- Stick with low-fat dairy choices: milk, cheeses, yogurt, etc.
- Drink at least 8 glasses of water a day! Stay away from sugary soft drinks.



# Thank You!

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freebies.

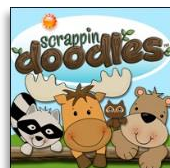
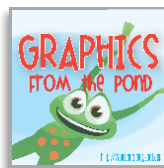
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