

# February

## Healthy Activity Log (at home)

Day	Date	Stretches	Anaerobic	Aerobic	Nutritional
ex.	####	1356	3	2	247
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					

### Stretches

#### Perform 4 for count of 20

1. Toe touches (seated)
2. Butterfly stretch
3. Arm rotations
4. Waist rotations
5. Hurdle stretch  
(1 leg straight out,  
other leg bent in)
6. Lunge stretch
7. Other

### Anaerobic Exercises

#### Choose 1

1. Stomach crunches (50)
2. Weights (Choose 3)  
(2 sets of 10-12 repetitions)  
Shoulder press     Squats  
Bicep curls         Lunges  
Lateral raises  
Tricep extensions
3. Push-ups (25)  
Regular or from knees
4. Short sprints (20-40 yards)
5. Other

### Aerobic Exercises

#### Choose 1

- 20 min. in target heart zone
1. Brisk walk (4-5 miles)
  2. Jogging (6 mph or faster)
  3. Swimming (laps)
  4. Tennis
  5. Basketball
  6. Cycling
  7. Athletic practice or game
  8. Other

### Nutritional

#### Choose 2 or more at home or at school

1. 6 to 8 (8oz.) glasses of  
water per day
2. 3 fruits per day
3. 3 vegetables per day
4. 2 to 3 servings of dairy  
products per day
5. One day with no soda
6. One day with no sweets
7. Eat breakfast
8. 8 to 10 hours of sleep
9. Limit TV/computer/video  
time to 1 to 2 hours per day

**Grade** \_\_\_\_\_  
**A or B Day** \_\_\_\_\_  
**AM or PM** \_\_\_\_\_

Choose and record the appropriate number from the activities listed at the right.  
**Do activities at least 3 times a week.** Fill each cell on the days you choose.  
 Please note the example.

\_\_\_\_\_  
**Student Name**

\_\_\_\_\_  
**Parent Signature**

## Measurement Equivalencies

### **A fist or cupped hand = 1 cup**



1 serving = ½ cup cereal, cooked pasta, or rice  
or 1 cup of raw, leafy green vegetables  
or ½ cup of cooked or raw, chopped vegetables or fruit

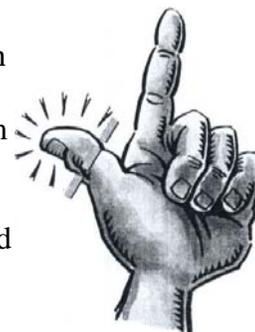
### **A thumb = 1oz. of cheese**

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt, and cheese group. 1½ - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



### **Thumb tip = 1 teaspoon**

Keeps high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals one tablespoon.



### **Handful = 1 – 2 oz. of snack food**



Snacking can add up. Remember, 1 handful equals 1oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1oz.

### **1 tennis ball = 1 serving of fruit**



Healthy diets include 2-4 servings of fruit a day.

*Because hand sizes vary, compare your fist size to an actual measuring cup.*