

March

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



Food Guide Pyramid

Grains	Vegetables	Fruits	Milk	Meat & Beans
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day.</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta.</p> <p>Eat 6 oz. every day</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.</p> <p>Eat more orange vegetables like carrots and sweet potatoes.</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils.</p> <p>Eat 2½ cups every day</p>	<p>Eat a variety of fruit.</p> <p>Choose fresh, frozen, canned, or dried fruit.</p> <p>Go easy on fruit juices.</p> <p>Eat 2 cups every day</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products.</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.</p> <p>Get 3 cups every day</p>	<p>Choose low-fat or lean meats and poultry.</p> <p>Bake it, broil it, or grill it.</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds.</p> <p>Eat 5½ oz. every day</p>
<p>For a 2,000-calorie diet, you need the amounts above from each food group. To find the amounts that are right for you, go to MyPyramid.gov</p>				