

# October

## 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**

## **Other Activities**

### **Aerobic**

Aerobic Tapes	Roller Skating
Canoeing	Skateboarding
Dancing	Skiing
Football Practice	Snowboarding
Golf (Walking the Course)	Soccer Practice
Hiking	Softball Practice
Kayaking	Volleyball Practice
Rock Climbing	Wrestling Practice
Rollerblading	

### **Anaerobic**

Cheerleading (stunts)	Push mowing the yard
Farm work	Raking leaves
Four wheeling	Splitting wood
Gymnastics	Taking the trash out
Hunting (rabbit or fowl)	Vacuuming the house
Motor cross	Washing the car

### **Stretches**

Any stretches you may do in your PE classes and/or at team practices

- Biceps Stretch
- Butterfly
- Calf Stretch
- Hamstring Stretch
- Quadriceps Stretch
- Triceps Stretch