

# September

## 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.

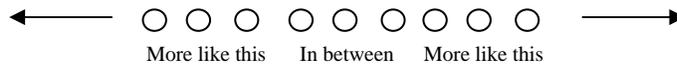
\_\_\_\_\_  
**Student Name**

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

# Your Fitness Personality Profile

Place an X in a circle on each line that best represents how you describe yourself. Lots of circles to the right? Try activities like swimming, yoga, or walking. Left of the scale? Try downhill skiing, mountain biking, or a team sport.

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## Social

I love to be with people, to interact, to do things together. I don't enjoy doing things by myself.



## Non Social

I prefer doing things alone. I enjoy solitude. I find social interactions tiring.

## Spontaneous

I enjoy doing things on the spur of the moment. I am very spontaneous. I tire easily from routine.



## Controlled

I like to plan and feel in control. I want to know what's coming next. I enjoy routine. I don't like surprises.

## Internally Motivated

I am 100% self-motivated. I have exceptionally strong willpower. I don't rely on others for support.



## Externally Motivated

I need support to do hard things. Self-reward and social encouragement help me stay committed.

## Aggressive

I am forceful, assertive person. I take action. I go after what I want. I make sure my needs are met.



## Non Aggressive

I am easygoing and relaxed, maybe even passive about meeting my needs. I dislike aggression and avoid confrontation.

## Competitive

I enjoy competitive games. I perform better when I compete. Competition makes it fun.



## Non Competitive

I avoid competitive situations. Competing makes me uncomfortable, and I don't perform well. I rarely enjoy competition.

## Focused

It's easy for me to concentrate and stay focused on task. I enjoy being absorbed in what I am doing.



## Unfocused

I am easily distracted. My mind wanders. I prefer doing lots of things at the same time. I have difficulty staying with the same task.

## Risk Seeking

I am a thrill seeker. I love adventure. I am willing to take big risks to do things that appeal to me.



## Risk Avoiding

I avoid risks. I would rather be safe than sorry - even if that means not doing things that appeal to me. I am a careful person.

## French Fries (Yield 4 servings)

4 potatoes Non-fat cooking spray

Preheat oven to 425 degrees.  
Spray cookie sheet with non-fat cooking spray. Set aside.  
Cut potatoes on cookie sheet. Do not let edges touch.  
Spray tops of potatoes with non-fat cooking spray.  
Bake at 425 degrees for 20 minutes. Turn fries over.  
Bake another 15 to 20 minutes. Fries will be crispy and golden when done.

Calories: 133 Total Fat: 0 grams (0% fat)  
Cholesterol: 0 mg Sodium: 10 mg

## Chocolate Frosty Ice Cream

1 can fat free Eagle Brand milk  
1/2 gallon fat free Nestles Chocolate Milk  
8 oz. container of light or fat free cool whip  
1 box of rock salt  
1 large bag of ice

Mix ingredients together and put in ice cream freezer.  
Add rock salt and ice to the top. Churn until motor stops. Enjoy!!!