

Food and Fitness JOURNAL

This journal belongs to:



My Personal Health Goals

Directions: Write at least one personal health goal you would like to try each week. Check each week and see how you're doing at meeting your goal.

WEEK _____ My personal goal this week is to _____ _____	Met	Not Yet
WEEK _____ My personal goal this week is to _____ _____	Met	Not Yet
WEEK _____ My personal goal this week is to _____ _____	Met	Not Yet
WEEK _____ My personal goal this week is to _____ _____	Met	Not Yet
WEEK _____ My personal goal this week is to _____ _____	Met	Not Yet
WEEK _____ My personal goal this week is to _____ _____	Met	Not Yet

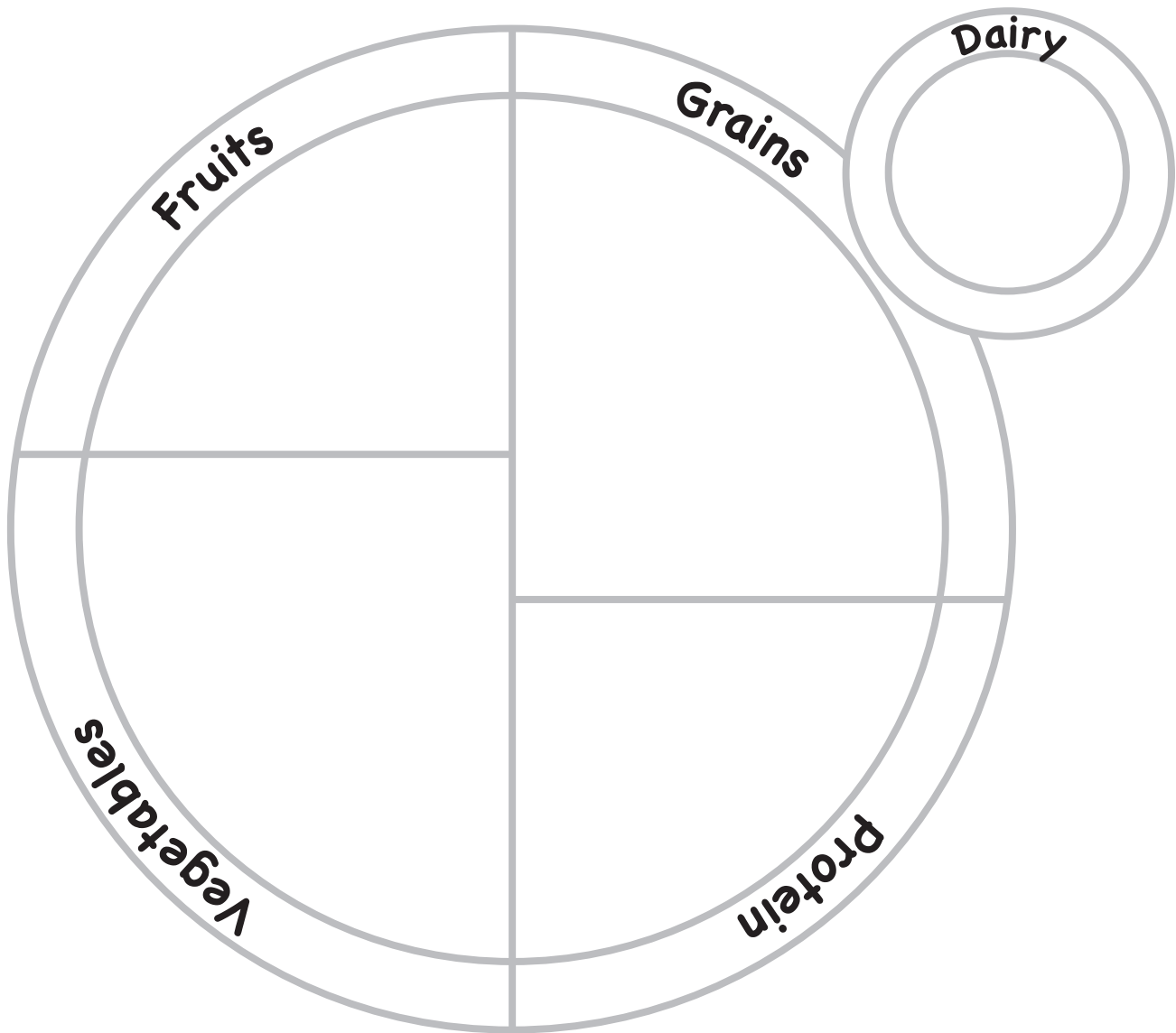
My Exercise Log

Directions: Place a *tally mark* in the box each time you do the exercise.

1. Touch toes.	2. Wiggle.	3. Hop on one foot.
4. Run in place.	5. Jumping jacks.	6. Do arm circles.
7. March in place.	8. Climb a mountain.	9. Do squats.
10. Do desk pushups.	11. Do chair squats.	12. Jump rope.
13. Bicycle.	14. Dance.	15. Do small arm circles.
16. Do leg raises.	17. Sway.	18. Bend and squat.
19. Do neck rolls.	20. Do shoulder scrunches.	21. Do tiptoe stretches.
22. Lean sideways.	23. Lean forward and back.	24. Hula hoop.

My Healthy Meal

This is a healthy meal. I have added foods from every group.



Teacher Note: The outline above is based on the USDA My Plate graphic. See page 5 for more information on this informative USDA site.

My Most Important Foods

I have learned about the five food groups. The most important thing I learned is _____.

Here is information and a drawing of a food I eat from each group.

Fruit: _____

It is good for me because

_____.

Vegetable: _____

It is good for me because

_____.

Protein: _____

It is good for me because

_____.

Dairy product: _____

It is good for me because

_____.

Grain product: _____

It is good for me because

_____.

Healthy Foods to Try

Every food group has a long list of foods. Some foods are new to me. Here are foods from each food group that I would like to try.

Fruits

Dairy

Vegetables

Protein

Grain

Being Healthy

Being healthy is important. When you are healthy you can do many things.

Here is a picture of me. I am _____

To be healthy you need to:

1. _____

2. _____


Being Safe

There are many ways to take care of myself and to be safe. Here are some things I do to take care of myself.

1. _____



2. _____



Fitness Challenge Log

Student Name _____

Age _____

Challenge	Date	Distance	Time

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This image shows a single page from a notebook or journal. The word "Journal" is printed at the top center in a large, bold, black serif font. Below the title, the page is filled with horizontal ruling lines, which are evenly spaced and extend across the width of the page. On the left side, there is a vertical strip of grey material, likely representing the binding or spine of the notebook.