

Food and Fitness JOURNAL

This journal belongs to:



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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. Mark the date you meet each challenge.

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

My Most Important Foods

I have learned about the five food groups. Here is a food from each group that I eat and the reasons why I think it is healthy for me.

Fruit: _____

It has the following nutrients: _____

Vegetable: _____

It has the following nutrients: _____

Protein: _____

It has the following nutrients: _____

Dairy Product: _____

It has the following nutrients: _____

Grain Product: _____

It has the following nutrients: _____

I Didn't Know That!

I am learning more about healthy foods and healthy habits. Here are a few things I have learned this year and how I think I can use the information to be healthier.

Date: _____

I learned that _____

Now I know that _____

Date: _____

I learned that _____

Now I know that _____

Date: _____

I learned that _____

Now I know that _____

Date: _____

I learned that _____

Now I know that _____

Date: _____

I learned that _____

Now I know that _____

The most useful thing I have learned about eating healthy foods and having healthy habits is

Water is important to me because...

[illegible]

My Healthy Foods Day

These are the healthy foods I ate today.

Breakfast

Snack:

Lunch

Snack:

Dinner

Junk Food

Junk food is not a healthy choice because...

[illegible]

I Am In Charge

Pretend it is your job to feed the students in your class lunch today. You can feed students any foods you want, as long as they are healthy and delicious.

Write a paragraph explaining your menu.

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Be Active Every Day

Write a paragraph explaining why getting exercise every day is important. Illustrate your paragraph.

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Journal Entry

[illegible]