

Fitness & Health Opportunity

Living a healthy lifestyle is important for living a happy life.

Take care of the body you have in order to enjoy your life to the fullest.

For this opportunity you will keep track of what fuel you feed your body and how you burn that fuel through physical activity for seven days. You will turn in two logs, a paragraph you have written about the experience, plus comments and a signature from an adult in your home. Go out and have some fun!

Name _____

Food/Fuel Log

	Breakfast	Lunch	Dinner	Snack	Snack	Snack
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Physical Activity Log (Must have a total of **at least 420** minutes over 7 days)

Note: physical activities may be *organized* such as soccer practice, dance class, skating lessons, baseball game, etc. OR they may be *informal activities* monitored by an adult, such as a bike ride with your family, a pick-up basketball game in the neighborhood, running races with friends, etc.

	Activity	Minutes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
		Total Minutes =

Personal Comments:

Describe your thoughts as you evaluate your food and exercise logs. Did you notice patterns? Was it difficult or easy to be physically active for about an hour each day? Was it hard to keep track of your food intake? Did anything surprise you?

Adult signature X _____

Adult, please comment about your child's experience with this Fitness & Health Opportunity.
