

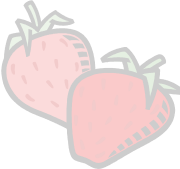
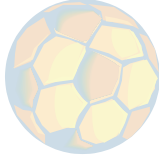






Name \_\_\_\_\_

# Fitness and Food Tracker

Teacher/Hour \_\_\_\_\_

<p><b>Week 1</b> Write in what you had to drink at lunch, Monday-Friday. Healthier beverages, like milk, water or 100% juice are worth 10 points.</p>	<p><u>Example</u>  milk</p>	<p>Day 1:</p>	<p>Day 2:</p> 	<p>Day 3:</p> 	<p>Day 4:</p>	<p>Day 5:</p>
<p><b>Week 2</b> Get moving! Write down each physical activity you do <u>outside of school</u> and how many minutes you are moving. <b>1 minute of activity = 1 point.</b></p>	<p>basketball 30 min.</p>	<p>Day 1:</p> 	<p>Day 2:</p>	<p>Day 3:</p> 	<p>Day 4:</p>	<p>Day 5:</p> 
<p><b>Week 3</b> Eat fruits and veggies at lunch! Write down every fruit and veggie you eat at lunch. Each is worth 10 points.</p>	<p>carrots  apple</p>	<p>Day 1:</p>	<p>Day 2:</p>	<p>Day 3:</p>	<p>Day 4:</p> 	<p>Day 5:</p>
<p><b>Total Points</b></p>						

## Food and Fitness Tracker Instructions

**WHAT:** Are you ready to win prizes and begin or continue healthier habits? Track (write down) your physical activity and food choices using the form on the back and get ready to win! Tracking will help you think about getting at least 30 minutes of exercise every day and making healthier lunch choices that include fruit, vegetables and milk, water or 100% juice.

**WHEN:** The tracker goes with Lessons 3, 4 and 5.

- Lesson 3/ Week One: Record BEVERAGES only
- Lesson 4/Week Two: Record PHYSICAL ACTIVITY & MINUTES only
- Lesson 5/Week Three: Record FRUITS AND VEGETABLES only

**HOW:** Look at the tracking form and the Example column on the back of this paper. Write today's date in the top left empty box, then moving across the row, fill in the dates for the next 4 school days. Remember you track only on school days, no weekends. Read the sentence under Week 1. It tells you what you will be tracking the first week— what you drink at lunch. Each day write down what you drink at lunch. If you want to earn points choose milk, water or 100% juice. Look at week two and three to see what you will be tracking. In Week Two you track how many minutes of activity you get outside of school. Write the name of the activity, such as bike riding, basketball or walking home, and the number of minutes that you are active in the box. Minutes equal points so get active. After school activities like sports or dance lessons can be counted for activity minutes. Remember to write down the time you were active and not the time you were sitting. Don't count PE class. The third week you track the fruits and vegetables you eat at lunch. You get points for each fruit and veggie you eat!

**WHY:** All of us need at least 30 minutes of exercise every day so get active. Eating healthy foods makes you feel better, gives you more energy and fuels your body with good-for-you minerals and vitamins! Also you and your class can win a prize!

**PRIZES:** Individual and class prizes will be awarded! The class with highest class average of points per student after 3 weeks wins a pedometers for everyone, smoothie party, and they get the Project Healthy Schools trophy in their classroom. The class with the highest average wins! For the individual prizes, like an IPOD Shuffle, gift cards, activity passes and more, students must have 150 exercise points, 50 points from fruits and vegetables, and 50 points from healthy beverages.

**Points are awarded like this:**

- Each minute of activity = 1 point  
(Example: 30 minutes of walking = 30 points)
- Any fruit and any vegetable = 10 points  
(Example: 1 apple = 10 points; hot lunch green beans = 10 points)
- Milk, water or 100% juice = 10 points  
(Example: 1 carton of milk= 10 points; 1 bottle of water = 10 points)

**Get active & make healthy choices to win prizes!**

