

Day of the Week	Total PA	Type of PA	½ Plate Fruit/Veggies	
Monday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No
Tuesday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No
Wednesday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No
Thursday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No
Friday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No
Saturday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No
Sunday	Mins		Breakfast	Yes No
			Lunch	Yes No
			Dinner	Yes No

Did you reach 60 minutes of physical activity each day? \_\_\_\_\_

If not, why not? What happened that prevented you from getting 60 minutes of physical activity?

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How could you make different choices or adjust your schedule in order to get 60 minutes of physical activity each day? \_\_\_\_\_

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If you were able to get 60 minutes of physical activity each day, could you encourage a friend of family member to join you in order to help her/him get 60 minutes of activity? If so, who would you like to encourage and why? \_\_\_\_\_

\_\_\_\_\_

Did you make ½ of each meal fruit and vegetables? \_\_\_\_\_

What was the most difficult part about trying to eat the correct amount of fruit and vegetables?

How might you overcome that challenge? \_\_\_\_\_

\_\_\_\_\_



Day of the Week	Total PA	Type of PA	Sugar-Added Drinks
Monday	Mins		Sugary Drinks? Yes No
Tuesday	Mins		Sugary Drinks? Yes No
Wednesday	Mins		Sugary Drinks? Yes No
Thursday	Mins		Sugary Drinks? Yes No
Friday	Mins		Sugary Drinks? Yes No
Saturday	Mins		Sugary Drinks? Yes No
Sunday	Mins		Sugary Drinks? Yes No

Why is being physically activity for 60 minutes each day important for a healthy body?

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Using the activities listed in your physical activity log, which health-related components of fitness have you been working to improve/maintain? \_\_\_\_\_

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How is maintaining a healthy body related to your mental health? \_\_\_\_\_

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Were you able to avoid sugary drinks for the entire week? \_\_\_\_\_

What was the most difficult part about trying to avoid sugary drinks? How might you overcome that challenge? \_\_\_\_\_

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