

NOVEMBER

SNACKS and DRINKS

Snack Choices	Dairy group?	Healthy snack?	Snack Choices	Dairy group?	Healthy snack?
hot chochlet	yes	no	Water	no	yes
Crackers	no	no	Water	no	yes
crackers	no	no	crackers	no	no
crackers	no	no			
Water	no	yes			
Water	no	yes			
Water	no	yes			
Water	no	yes			
Crackers	no	yes			
Crackers	no	yes			

NOVEMBER EXERCISE MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	COMMENTS
		1 20	2 60	
6 60	7 60	8 60	9 30	
13 15	14 60	15 60	16 15	
20 No School	24 No School	25 No School	26 No School	
37 30	28 10	29 16	30 20	

TOTAL EXERCISE MINUTES THIS MONTH: 408 minutes
 that equals 6 hours and 20 minutes

Reflection Time!

How do you feel about the choices you made when you snacked? How about the beverages you drank? Did you have times when you skipped the sodas or sugary drinks and had water instead? Comment about exercising to be healthy. What activities did you enjoy?

I need to eat better.
 I am good at exercising.

NOVEMBER

SNACKS and DRINKS

Snack Choices	Dairy group?	Healthy snack?	Snack Choices	Dairy group?	Healthy snack?
Apple	NO	Yes			
Muffin	NO	Yes			
Ravioli	NO	Yes			
Apple sauce	NO	Yes			
TOP Roman	NO	Yes			

NOVEMBER EXERCISE MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	COMMENTS
5 15	6 60	1 15	2 ?	
6 15	7 60	8 15	9 ?	
13 15	14 15	15 0	16 2	
20 No School	24 No School	25 No School	26 No School	
37 ?	28 ?	29 ?	30 ?	

TOTAL EXERCISE MINUTES THIS MONTH: 120 minutes
 that equals 2 hours and 0 minutes

Reflection Time!

How do you feel about the choices you made when you snacked? How about the beverages you drank? Did you have times when you skipped the sodas or sugary drinks and had water instead? Comment about exercising to be healthy. What activities did you enjoy?

I should remember to fill out the loge on the back. Also I still need to drink more milk