



AND FITNESS

JOURNAL

2006-2007

December

SNACKS and DRINKS

Snack Choices	Dairy group?	Healthy snack?	Snack Choices	Dairy group?	Healthy snack?

DECEMBER EXERCISE MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	COMMENTS
4 NO SCHOOL	5	6	7	
11	12	13	14	
18	19	20	21	
25 No School	26 No School	27 No School	28 No School	

TOTAL EXERCISE MINUTES THIS MONTH: _____ minutes
 that equals _____ hours and _____ 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?

JANUARY

SNACKS and DRINKS

Snack Choices	Dairy group?	Healthy snack?	Snack Choices	Dairy group?	Healthy snack?

JANUARY EXERCISE MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	COMMENTS
8	9	10	11	
5 NO SCHOOL	16	17	18	
22	23	24	25	
29	30	31		

TOTAL EXERCISE MINUTES THIS MONTH: _____ minutes
 that equals _____ hours and _____ 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?



SNACKS and DRINKS

Snack Choices	Dairy group?	Healthy snack?	Snack Choices	Dairy group?	Healthy snack?

FEBRUARY EXERCISE MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	COMMENTS
5	6	7	8 No School	
12	13	14	15	
19 No School	20	21	22	
26	27	28		

TOTAL EXERCISE MINUTES THIS MONTH: _____ minutes
 that equals _____ hours and _____ 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?



SNACKS and DRINKS

Snack Choices	Dairy group?	Healthy snack?	Snack Choices	Dairy group?	Healthy snack?

APRIL EXERCISE MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	COMMENTS
2	3	4	5	
9	10	11	12	
16	17	18	19	
23	24	25	26	
30				

TOTAL EXERCISE MINUTES THIS MONTH: _____ minutes
 that equals _____ hours and _____ 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?
