



**AND FITNESS**  
**JOURNAL**

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2006-2007









# JANUARY

## SNACKS and DRINKS

| Snack Choices | Dairy group? | Healthy snack? | Snack Choices | Dairy group? | Healthy snack? |
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## JANUARY EXERCISE MINUTES

| MONDAY         | TUESDAY | WEDNESDAY | THURSDAY | COMMENTS |
|----------------|---------|-----------|----------|----------|
| 8              | 9       | 10        | 11       |          |
| 5<br>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?

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## SNACKS and DRINKS

| Snack Choices | Dairy group? | Healthy snack? | Snack Choices | Dairy group? | Healthy snack? |
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## 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?

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## SNACKS and DRINKS

| Snack Choices | Dairy group? | Healthy snack? | Snack Choices | Dairy group? | Healthy snack? |
|---------------|--------------|----------------|---------------|--------------|----------------|
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## MAY EXERCISE MINUTES

| MONDAY          | TUESDAY | WEDNESDAY | THURSDAY | COMMENTS |
|-----------------|---------|-----------|----------|----------|
|                 | 1       | 2         | 3        |          |
| 7               | 8       | 9         | 10       |          |
| 14              | 15      | 16        | 17       |          |
| 21              | 22      | 23        | 24       |          |
| 28<br>No School | 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?

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