

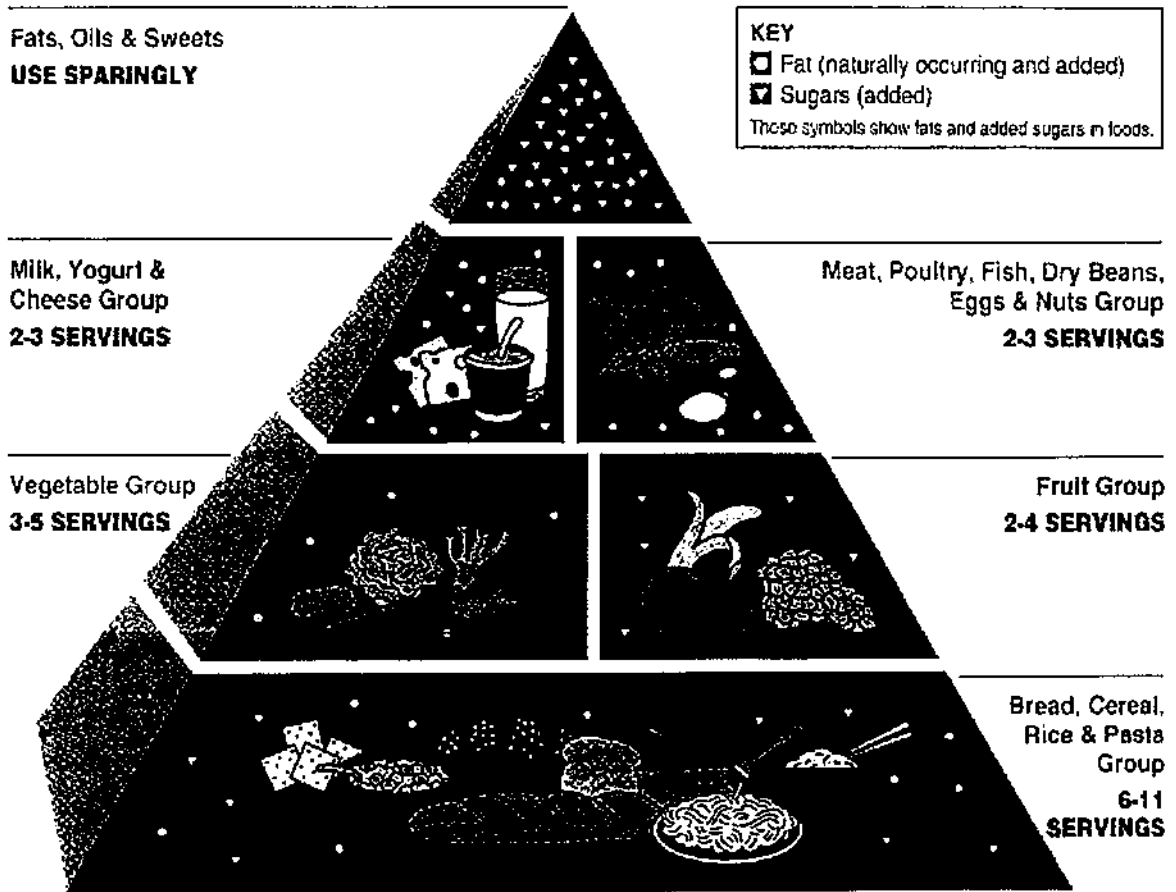
D.B.M.S. Health and Physical Educational 15 Day Personal Log

Student: _____

Indicate Teacher: J. Jones N. Miller J. Sanders

Objective: Students will develop a daily nutritional log of their food intake. Students will recall the amount of physical activity completed over the 15-day period.

Task: Each student will receive a copy of the food pyramid and a fitness activity pyramid. Student will refer the food pyramid to develop their daily nutritional log. The fitness pyramid will identify possible physical activities to participate.



Fitness Activity Pyramid:

Inactivity:

T.V. Watching
Video and Computer
Sitting More Than 30 Minutes

Leisure and Playtime:

Tumbling
Fishing
Frisbee

Strength and Flexibility:

Dancing
Martial Arts
Weightlifting

Aerobic Exercises:

Walking
Biking
Skateboarding

Recreational Activities:

Volleyball
Basketball
Exergaming

Everyday:

Play Outside
Help Around the House
Do Yard Work

Day:	Nutritional Intake:	Physical Activity: (include activity and minutes per activities:
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		