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Exercise Log - what did you do?						
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Nutrition and Exercise Log Name the food and point value per day Total each day's points in top row

Water - keep track of how many ounces

Su	Мо	Tu	We	Th	Fr	Sa

Sleep - enter each night's hours received

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Our SuperFit Mission:

To share the good N.E.W.S.

to people of all ages in all communities. Steps to be SuperFit:

- 1. Go to website (on front page), click on SuperFit Campaign and Register.
- 2. Each month, print off extra journals, workouts, and pledge forms.
- 3. Do the workouts and apply the good NE.W.S. to your lives. record the data, both on this paper and on the online app.
- 4. Hold onto each week's completed sheet and turn it in to your SuperFit director.
- 5. Get reminders by texting @bhsbod to 81010. Go to website to find SuperFit directors.

This is when your body grows from exercise since it is not moving. Scientists think that sleep might be the time when the brain sorts and stores information, replaces chemicals, and solves problems. A recommended amount for youth ages 7-12 are 10-11 hts/day and ages 12-18+ are 8-9 hts/day. Log the number of hours slept per day.

Sleep - This is EASY

The body is approximately 75% water. Water regulates body temperature and provides a way for nutrients to travel to organs & tissues. It also transports oxygen to your cells, removes waste, and protects your joints & organs. Recommended amount is to drink half of your bodyweight in ounces (a minimum of 50 oz and it also depends on your physical daily activity).

Water - Drink Plenty

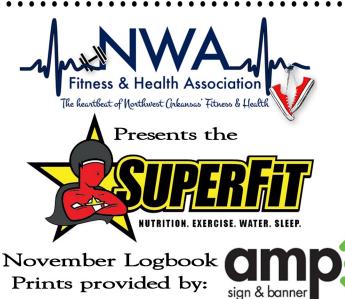
Feel free to exercise more than 4 days per week. Just remember to log your exercise activity!!!

Keep track of your 30 sec rep limit on Pushups (PU), Rock Climbers (RC), High Knees (HK), Jump Squats (JS), 4 Choice exercises (* - indicate exercise), & Run distance/time for PRO Course. List different optional physical activities as well!!!

Find a way to move energetically and consistently for at least 30 minutes for a minimum of 4 days a week. Types of exercises run, ride a bike, rollerblading, swim, hike, jump rope, do pushups, go to the gym, dance, playing outdoors, participate in sports, ... too many to mention here.

evitose - Be Active

**Mutrition - Creating Healthier Eating Habits Lating Habits Late every meal (especially breakfast) with protein for strong muscles (milk, eggs, cheese, yogurt, peanut burter, chicken, cortage cheese, beans, fish, etc.) and whole grains for consistent energy (oatmeal, rice, quinoa, unprocessed foods). Ear vegetables and fruit for natural vitamins and moderation. Follow guidelines @ www.ChooseMyPlate.gov . *Big points are given to NUTRIENT dense foods, NOT CALORIE dense. **Point value can be found on nwafitnessandheath.com/for-kids .



Get more copies and details at: www.nwafitnessandhealth.com

Integrity: firm adherence to a code of special moral or artistic values.

Name	 Date	
Goal		

Parent Initials _____