

Su	Mo	Tu	We	Th	Fr	Sa

Run: Distance/Time

Su	Mo	Tu	We	Th	Fr	Sa

Pushups:

* _____ Date _____ 20 pts
 * _____ Date _____ 20 pts
 * _____ Date _____ 20 pts
 * _____ Date _____ 20 pts
 * _____ Date _____ 20 pts

Exercise Log - what did you do?

Su	Mo	Tu	We	Th	Fr	Sa

3 Nutrition and Exercise Log
 Name the food and point value per day
 Total each day's points in top row

4 Water - keep track of how many ounces

Su	Mo	Tu	We	Th	Fr	Sa

Sleep - enter each night's hours received

Su	Mo	Tu	We	Th	Fr	Sa

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 N.E.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 @bhbsbod 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 hrs/day and ages 12-18+ are 8-9 hrs/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 and 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 exercise: 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.

Exercise - Be Active

Nutrition - Creating Healthier Eating Habits 2
 Eat every meal (especially breakfast) with protein for strong muscles (milk, eggs, cheese, yogurt, peanut butter, chicken, cottage cheese, beans, fish, etc.) and whole grains for consistent energy (oatmeal, rice, quinoa, unprocessed foods). Eat vegetables and fruit for natural vitamins and minerals. Fatty foods and sweets are to be eaten and drank in moderation. Follow guidelines @ www.ChooseMyPlate.gov. *Big points are given to NUTRIENT dense foods, NOT CALORIE dense. *point value can be found on nwafitnessandhealth.com/for-kids.



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Confidence: faith or belief that one will act in a right, proper, or effective way; the quality or state of being certain.

Name _____ Date _____

Goal _____

Parent Initials _____