

Directions

Write an exercise goal for the week. Write a nutrition goal.
Record physical activity for 5 days. Include Intensity, Time and Type of each activity.
Record food and drink intake for 5 days. Include breakfast, lunch, dinner and snacks.
Answer the Reflection Questions on the next page.
Exercise Goal: _____

Nutrition Goal: _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Physical Activity (Intensity, Time & Type)					
Breakfast (Food and Beverage)					
Lunch (Food and Beverage)					
Dinner (Food and Beverage)					
Snacks					

1. Did you meet your exercise goal this week? (Why? Why not?)
2. Reflect on the past week. How were your eating habits/meals influenced by school, work or practice?
3. How can you improve your nutrition next week? (example-drink more water, stay hydrated for practice.)
4. What are 2 important things to consider when buying fitness equipment?
5. Using stationary bicycles, elliptical machines and treadmills can be useful for cross training (on days you don't participate in your sport).
How can using this equipment be beneficial to your training?
6. How is the *principal of overload* applied to your individual workout?