

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					

Reflection Questions

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 is the difference between cardiac, smooth and skeletal muscle?
5. What is hypertrophy? How does hypertrophy occur?
6. How does contraction differ from extension? (Example – bicep muscle)