

Directions

Write an exercise goal for the week. Write a nutrition goal for the week. 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. Do you feel that your activities are providing adequate flexibility benefits?
5. Which activities/exercise could you add to your physical activity to increase your flexibility?
6. Design a flexibility portion to add to your personal fitness plan. Include 4-5 flexibility exercises.