

HEALTH AND FITNESS LOG BOOK



WHAT MAKES A HEALTHY LIFESTYLE

PHYSICAL FITNESS

Level of Physical fitness



30-45 min/day
3-5 days, week



HEALTHY FOOD AND DRINK



Water



Milk



Juice

40%

Bread, cereal
rice, pasta

35%

Vegetable,
fruits

20%

Milk, cheese,
meat, fish, eggs

5%

Fats, oils
sweets

Dubai

challenges you to
complete at least
30 minutes of
exercise for 30 days



GET REST

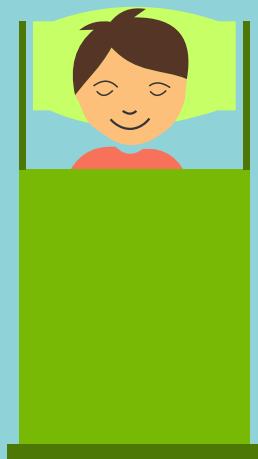


RELAXATION



Relaxation
Helps The
Mind

SLEEP



Sleep
7-8
hours a
day













WEEKLY HEALTHY LIFESTYLE PLAN

Name: _____ Class: _____

My top three tasks for the week are;

1 _____ 3 _____ 3 _____

Food and Drink activity log

Colour the circle	Food	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains look for whole grains		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Veggies choose different colours to eat		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits Eat more fruit, make sure juice is 100% fruit		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk Go low fat or fat free		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat/ Beans try some fish and nuts		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Don't forget to Move It								

Physical activity log

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities of the day							
Daily total minutes of activity							
Overall how hard did I work?							
Comments							

