

Name: _____

Activity and Food Intake Log

Saturday or Sunday Activity Log

Directions: Choose a Saturday or Sunday in which you will keep track of the amount of minutes that you were active and chart it on the table below. Please state the Day, describe the activity, put down the total amount of minutes that you were active in the appropriate spot and then circle the fitness component(s) that activity emphasized.

3rd Quarter Assignment				4th Quarter Assignment
Activity Day (Saturday or Sunday)	Description of Activity	Amount of Time Spent in Activity	Circle the Fitness Component(s) that emphasized the Activity	Total Amount of Calories Burned
			Muscular Strength Muscular Endurance Cardiovascular Endurance Flexibility	

3rd Quarter Assignment				4th Quarter Assignment
Activity Day (Saturday or Sunday)	Description of Activity	Amount of Time Spent in Activity	Circle the Fitness Component(s) that emphasized the Activity	Total Amount of Calories Burned
			Muscular Strength Muscular Endurance Cardiovascular Endurance Flexibility	

Saturday or Sunday Food Intake Log

Directions: Choose a Saturday or Sunday in which you will keep track of your food intake and chart it on the table below. Please state the Day, describe the food items and serving size (measure by cup or weight).

3 rd Quarter Assignment							4 th Quarter Assignment
	Fruit(s) & Serving Size	Vegetables(s) & Serving Size	Protein (meat) & Serving Size	Grains & Serving Size	Dairy & Serving Size	Food(s) that don't belong in previous columns & Serving Size	Calorie Intake & Serving Size
Breakfast							
Lunch							
Supper							

4 th Quarter Assignment		
Total Calories Burned (Activity)	Total Calories Intake (Food)	Circle if Answer is <u>Negative</u> or <u>Positive</u>
	- (minus)	= (equals) P or N