

FitCheck Journal

Name _____ Date _____

Grade _____ FitCheck # _____

Start with today under column 1, Day of the week (see table 38.1). Tonight you should do the following:

1. If you did any physical activities today, list them in column 2, and mark column 3. Leave columns 2 and 3 blank if you did not do any physical activities today.
 - Include sports classes or practices, physical education class, dance, and other active classes.
 - You can also list unstructured activities such as running around with friends, pickup sports, or active chores such as raking or shoveling.
2. List today's TV and other recreational screen activities in column 4. Estimate how much time these activities took in total. Mark column 5 if your total was two hours or less. Leave column 5 blank if your total was more than two hours.
 - Include watching TV shows, videos, and movies; playing computer and video games; and spending time online for fun.
 - Don't include using the computer for homework.
3. Complete steps 1 and 2 for seven nights. Then, add up the number of ✓s you earned.

TABLE 38.1 FitCheck Journal Table

1. Day of the week	2. FitScore activities: sports, gym class, dance, games, free play, chores, etc.	3. Fit ✓	4. SitScore activities: TV, movies, video games, spending time online for fun, and other recreational screen activities	5. Sit ✓
Total points	FitScore		SitScore	

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Adapted from Carter, J., J. Wiecha, K.E. Peterson, S.L. Gortmaker, and S. Nobrega, S. (2007). *Planet Health—An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity*. Champaign, IL: Human Kinetics.