

POWER STANDARD 5: I Value Physical Education, Fitness, and Health

PERSONAL FITNESS AND NUTRITION LOG

Name: Betsy Hillerman

	Cardio (30-35 min, 3 times/wk)	Strength (20 min, 3 times/wk)	Flexibility (10 min, 3 times/wk)
Week 1	Workout 1: <i>Bike 30 min</i>	Workout 1: <i>Body shape class</i>	Workout 1: <i>Yoga</i>
	Workout 2: <i>Bike 30 min</i>	Workout 2: <i>Body shape class</i>	Workout 2: <i>Yoga</i>
	Workout 3: <i>Bike 30 min</i>	Workout 3: <i>Body shape class</i>	Workout 3: <i>Yoga</i>
Week 2	Workout 1: <i>Bike 30 min</i>	Workout 1: <i>Body shape class</i>	Workout 1: <i>Yoga</i>
	Workout 2: <i>Bike 30 min</i>	Workout 2: <i>Body shape class</i>	Workout 2: <i>Yoga</i>
	Workout 3: <i>Bike 30 min</i>	Workout 3: <i>Body shape class</i>	Workout 3: <i>Yoga</i>

What Do You Eat?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Meal 1 (kcal)	435	410	502	510	389	350	260	500	400	250	450	260
Meal 2 (kcal)	260	435	410	502	510	389	350	260	500	400	250	450
Meal 3 (kcal)	400	410	502	435	410	502	510	389	350	260	500	400
Snacks (kcal)	150	45	60	60	48	158	98	100	45	112	102	35
Sugar (total g)	45	80	62	45	79	69	43	52	54	68	96	37
Fat (total g)	100	92	35	29	55	10	57	73	78	92	40	66
Total daily calories	1,245	1,300	1,474	1,507	1,357	1,399	1,218	1,249	1,295	1,022	1,302	1,145

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).