

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**PERSONAL FITNESS AND NUTRITION LOG**

Name: _____

	Cardio (30-35 min, 3 times/wk)	Strength (20 min, 3 times/wk)	Flexibility (10 min, 3 times/wk)
Week 1	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 2	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:

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)												
Meal 2 (kcal)												
Meal 3 (kcal)												
Snacks (kcal)												
Sugar (total g)												
Fat (total g)												
Total daily calories												

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