



Fitness DAWGS

Food and Activity Log ©2017 FitnessDAWGS.com

Name: _____ Age: _____ School: _____

Parent Name: _____ Parent Email: _____

Circle which week you are on 1st 2nd 3rd 4th Dates: _____ (ex. 8/1/19-8/7/19)

Activity	Mon	TUE	WED	THUR	FRI	SAT	SUN	GOAL	I DID IT
60 min play/activity 								7	
3 -5 servings of Vegetables 								7	
2 - 3 servings of Fruits 								7	
6 - 8 cups of Water 								7	
No sugary drinks 								7	
No junk foods 								7	
No fast food 								7	
Dog Pounds Lost (Only if BMI is greater than 85th percentile)	ENTER THE NUMBER OF POUNDS LOST THIS WEEK IN THE "I DID IT" COLUMN							1	

Total	50
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Turn in four (4) consecutive completed Food and Activity Log to Launch and redeem for a FREE 30 minute Jump Time!

The Food and Activity Log Directions

The Food and Activity Log should be maintained daily. Follow these simple steps below.

- Complete the information at the top of the Food and Activity Log.

Name: _____ Age: _____ School: _____

Parent Name: _____ Parent Email: _____

Circle which week you are on 1st 2nd 3rd 4th Dates: _____ (ex. 8/1/19-8/7/19)

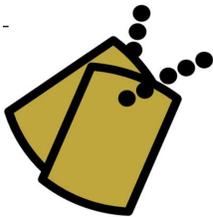
- Children should place a “1” in each of the activities that he/she completed each day. The weekly total should be 7. Children should add up their total for each activity for the week and place it in the “I Did It” column. If an activity is not completed, a “0” is entered in the appropriate column.

Activity	Mon	TUE	WED	THUR	FRI	SAT	SUN	GOAL	I DID IT
60 min play/activity 								7	
3-5 servings of Vegetables 								7	

- At the end of the week, children should add the numbers in the “I Did It” column and record it at the bottom under total.

No fast food 								7	
Dog Pounds Lost (Only if BMI is greater than 85th percentile)	ENTER THE NUMBER OF POUNDS LOST THIS WEEK IN THE “I DID IT” COLUMN							1	
Total								50	

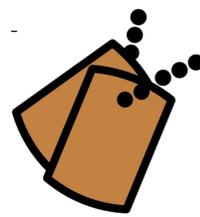
- Print the Gold, Silver or Bronze Tag Certificate earned based on the following points (type the child’s name and date before printing). Award the certificate to the child.



Gold Tag
40 and above points



Silver Tag
30 - 39 points



Bronze Tag
20 - 29 points

Activity Descriptions

60 min play/activity - children should be moderately to vigorously active for at least an hour a day. Activities do not have to be a structured exercise program but any form of physical activity such as playing basketball, going on a nature walk, riding a bike, or playing tag. Please read [*Come Play with the Fitness DAWGS*](#) for more examples.



3-5 servings of vegetables - A standard serving is ½ cup cooked vegetables or 1 cup green leafy or raw salad vegetables. ½ cup of beans or peas is also a subgroup of vegetables

2-3 servings of fruits- A standard serving is 1 medium piece of fruit, 1 cup of diced or canned fruit (no added sugar), 1 cup of berries (½ cup of blueberries)



6-8 cups of water - 1 cup = 8 ounces of water.

No sugary drinks - Avoid sodas, sweet tea, sports drinks, or other drinks with sugar



No junk foods- Avoid candy, cakes, cookies, ice cream, chips, etc.

No fast food - Avoid fast food restaurants that serve pizza, burger, fries, hot dogs, chicken nuggets/tenders, etc.



Dog Pounds Lost- Body Mass Index (BMI) is a weight to height ratio used as an indicator for obesity. To calculate your child's BMI, visit <https://nccd.cdc.gov/dnpabmi/Calculator.aspx>. Only place the total number of pounds lost in the BMI column if your child's BMI is greater than the 85th percentile. (BMI in the 85th percentile is considered overweight; BMI in the 95th percentile is considered obese.) **Note to Parents: Children ages 6 to 11 who are obese are recommended to gradually lose 0-1 pound per month.**

