

## Team Fit Fitness Log Challenge:

Getting exercise and paying attention to what you eat is important to staying fit. Every day during the four-week Team Fit Fitness Challenge, record your servings of fruits, vegetables, grains, meat/beans and glasses of milk/water. Also, under each day write down the type of activity you did in the appropriate box and how long you did that activity. Remember to try and do some type of vigorous exercise each day!



The Children's Hospital

### Week One:

#### MONDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

#### TUESDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

#### WEDNESDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

#### THURSDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

#### FRIDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

#### SATURDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

#### SUNDAY

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes



Week Two:

**MONDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**TUESDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**WEDNESDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**THURSDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**FRIDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**SATURDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**SUNDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

Week Three:



**MONDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**TUESDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**WEDNESDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**THURSDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**FRIDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**SATURDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**SUNDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

Week Four:



**MONDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**TUESDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**WEDNESDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**THURSDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**FRIDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**SATURDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes

**SUNDAY**

MEALS:	Grains	Fruits/Vegetables	Meat/Beans	Milk/Water	Activity Type:	Activity Length:
Breakfast	1 2 3	1 2 3	1 2 3	1 2 3		15 minutes
Lunch	1 2 3	1 2 3	1 2 3	1 2 3		30 minutes
Dinner	1 2 3	1 2 3	1 2 3	1 2 3		45 minutes
TOTALS:						60+ minutes



**CONGRATULATIONS!** You have finished the Team Fit Four-Week Challenge!

Please fill out these questions to complete your fitness and health log:

Your name: \_\_\_\_\_ Teacher/Parent name: \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_

Home address: \_\_\_\_\_

Phone number: \_\_\_\_\_

1. Do you feel different at the end of the challenge?
  
1. Was it hard to change the ways you eat and exercise?
  
2. How will you continue trying to improve the way you live in order to have a healthy body and mind?

Once you have answered these questions, please send in your Team Fit Fitness log for a chance to win game tickets, Nuggets or Avalanche team prizes or other fun stuff!

Katie Wolfe  
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Denver, CO 80204

Contact Katie Wolfe at 303-405-1351 or [kwolfe@pepsicenter.com](mailto:kwolfe@pepsicenter.com) if you have any questions.

Thank you for your participation!



Please visit [www.thechildrenshospital.org](http://www.thechildrenshospital.org) for more information on staying healthy.