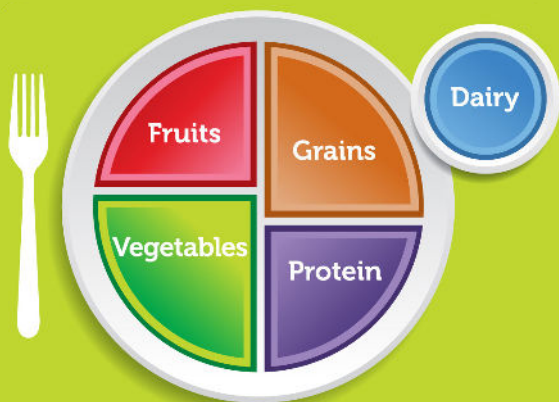


Wellness Journal

This journal belongs to:



Choose**MyPlate**.gov

25 Ways to Exercise with Family

Mom runs while **KIDS RUN** or bike ride along side

Swim Laps at the **POOL**

CIRCUIT workout in house, driveway, or backyard

Family **BIKE RIDE**

High school or middle school track and do **BLEACHER RUNS**

RUN AROUND THE TRACK at a school

Backyard **SOCCER** or kickball

WHEELBARROW races

Relay races

Shoot **HOOPS** on the driveway

HOPS(OTCH) at the elementary school or chalk on driveway

Freeze tag, when you are **FROZEN**, jog in place

HIKING on a trail

Sprints up and down your street

Jump rope and **JUMPING JACKS** alternate

DANCE party

Practice **TENNIS** moves

YOGA

TRAMPOLINE tricks

Along sidewalks, **SKIP AND SPEED WALK** alternate

Hopping backwards

create an **OBSTACLE COURSE** in backyard


FAMILY WALK to the store or along a trail

JUST DANCE on the Wii

ROLLER SKATE in the neighborhood or at a rink



WH



Winona Health

GR8 Kids

Wellness Journal

Food Serving Size Guide for Ages 5 to 11

What one serving looks like:

Cooked vegetables 125 mL (½ cup)
= hockey puck



Fresh or cooked vegetable
slices 125 mL (½ cup)
= hockey puck



Leafy salad vegetables 250 mL
(1 cup) = baseball



1 medium fresh fruit
= tennis ball



Diced fresh, frozen or canned fruit
125 mL (½ cup) = hockey puck



Water 250 mL (1 cup)
= baseball



Week 1



Check a box for each serving of vegetables, fruit and water you had today.

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Check a box for each time you were active for at least 30 minutes.

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Check a box for each time you said something kind to someone else.

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Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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Total points for week 1

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Week 2



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Day 1

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Day 3

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Day 6

Day 7

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Total points for week 2

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Week 3



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Check a box for each time you were active for at least 30 minutes.

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Day 3

Day 4

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Day 6

Day 7

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Total points for week 3

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Week 4



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Day 4

Day 5

Day 6

Day 7

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Total points for week 4

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Week 5



Check a box for each serving of vegetables, fruit and water you had today.

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Day 1

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Day 5

Day 6

Day 7

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Total points for week 5

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Week 6



Check a box for each serving of vegetables, fruit and water you had today.

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Day 1

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Day 3

Day 4

Day 5

Day 6

Day 7

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Total points for week 6

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Week 7



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Day 1

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Day 3

Day 4

Day 5

Day 6

Day 7

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Total points for week 7

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Week 8



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Day 1

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Day 5

Day 6

Day 7

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Total points for week 8

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Notes

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Notes

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Congratulations you did it!

Way to be a healthy YOU!

To continue keeping track of your
healthy habits, visit

winonahealth.org/GR8

and download more wellness journal pages.





Winona Health

GR8 Kids

