

# NUTRITION

## MY HEART-SMART JOURNAL

Can you exercise everyday for one week?

Challenge yourself to at least 30 minutes of exercise everyday for one week. Use the list of suggested activities as a guide. (It's okay to do other exercises that are not on the list. It's also okay to do the same exercise more than once in the same week.)

When the week is over, turn your list in to your teacher. Keep up the challenge for 4 weeks and earn a Heart Smart certificate from the Texas Heart Institute.

**Date:** \_\_\_\_\_

**My Personal Goal:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write the name of your activity and place a check mark under the day(s) of the week you exercised. Write where you exercised as well (home, school, YMCA, park, etc.)

Activity	M	T	W	TH	F	S	S	Place

Suggested Activities

- |               |                     |          |
|---------------|---------------------|----------|
| Aerobics      | Football            | Running  |
| Baseball      | Golf                | Skating  |
| Basketball    | Group games         | Soccer   |
| Biking        | Gymnastics          | Swimming |
| Bowling       | Jogging             | Tennis   |
| Brisk walking | Jumping rope        | Tumbling |
| Cheerleading  | Lacrosse            | Working  |
| Climbing      | Nature walks        |          |
| Dancing       | Playing in the park |          |