



MVPA WELLNESS JOURNAL

Name: _____ Class: _____ Date: _____

Write in Activity Names and minutes for each day. Circle the MVPA score for each activity. Add the minute totals below. Circle Food Factors that are true for each day.

Day	Activity Name	Minutes	MVPA Score	Daily Food Factor (circle all that are true)
Monday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Tuesday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Wednesday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Thursday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Friday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Saturday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Sunday	1.		✖ ✖	I chose healthy drinks. My snacks were nutritious. I ate fruits & veggies every time I could.
	2.		✖ ✖	
	3.		✖ ✖	
Total minutes for the week:		✖=		
		✖=	Total of All Minutes (✖+✖)=	