

HEALTHY

ENERGY BALANCE OLYMPICS



Student Name: _____



This material is the property of the HEALTHY study group. It may not be used, distributed, or reproduced for any purpose unrelated to study group programs.

ENERGY BALANCE OLYMPICS

CHALLENGE #1

Know the calories you burned in PE class.

- PE activities and the calories burned doing those activities will be posted in your PE class.
- Look at the poster with the information about calories burned in PE class and remember what physical activity or activities you did in PE class. Calculate the calories you burned during class. A copy of the poster will be in your FLASH class to help you.
- Record the activity or activities you did and the calories you burned. Sign your name.
- HEALTHY staff will mark your record to recognize your success.

I _____
for 15 minutes and burned
_____ calories.

Student signature

Date

MARK
HERE

I _____
for 15 minutes and burned
_____ calories.

Student signature

Date

MARK
HERE

I _____
for 15 minutes and burned
_____ calories.

Student signature

Date

MARK
HERE

I _____
for 15 minutes and burned
_____ calories.

Student signature

Date

MARK
HERE

I _____
for 15 minutes and burned
_____ calories.

Student signature

Date

MARK
HERE

ENERGY BALANCE OLYMPICS

CHALLENGE #2

Eat fruits and/or vegetables at lunch.

- Eat fruits and/or vegetables at lunch, either from the cafeteria or from your lunch from home.
- Record the fruits and/or vegetables you ate. Sign your name.
- HEALTHY staff will mark your record to recognize your success.

I ate these fruits and/or
vegetables at lunch:

Student signature

Date

MARK
HERE

I ate these fruits and/or
vegetables at lunch:

Student signature

Date

MARK
HERE

I ate these fruits and/or
vegetables at lunch:

Student signature

Date

MARK
HERE

I ate these fruits and/or
vegetables at lunch:

Student signature

Date

MARK
HERE

I ate these fruits and/or
vegetables at lunch:

Student signature

Date

MARK
HERE

ENERGY BALANCE OLYMPICS

CHALLENGE #3

Choose a snack that has 200 calories or less and eat snacks only when you are hungry.

- If you are not hungry between meals, don't snack. If you are hungry between meals, choose a snack that has 200 calories or less.
- Record if you either chose not to snack between meals or chose a snack with 200 calories or less. Sign your name.
- HEALTHY staff will mark your record to recognize your success.

- I did not snack between meals
or
 I ate this snack food
that has 200 calories or
less: _____

Student signature

Date

MARK
HERE

- I did not snack between meals
or
 I ate this snack food
that has 200 calories or
less: _____

Student signature

Date

MARK
HERE

- I did not snack between meals
or
 I ate this snack food
that has 200 calories or
less: _____

Student signature

Date

MARK
HERE

- I did not snack between meals
or
 I ate this snack food
that has 200 calories or
less: _____

Student signature

Date

MARK
HERE

- I did not snack between meals
or
 I ate this snack food
that has 200 calories or
less: _____

Student signature

Date

MARK
HERE

ENERGY BALANCE OLYMPICS

CHALLENGE #4

Decrease your screen time. Spend no more than 1 hour watching TV, playing video games, or using the computer (except for homework, of course).

- Spend no more than 1 hour in front of the TV or other screen each day (using the computer for homework is fine and doesn't count in your total).
- Record the day that you did the challenge. Sign your name.
- HEALTHY staff will mark your record to recognize your success.

<p>I had no more than one hour of screen time on _____ day of the week</p> <p>(except for using the computer for homework).</p>	<p>_____ Student signature Date</p>	<p>MARK HERE</p>
<p>I had no more than one hour of screen time on _____ day of the week</p> <p>(except for using the computer for homework).</p>	<p>_____ Student signature Date</p>	<p>MARK HERE</p>
<p>I had no more than one hour of screen time on _____ day of the week</p> <p>(except for using the computer for homework).</p>	<p>_____ Student signature Date</p>	<p>MARK HERE</p>
<p>I had no more than one hour of screen time on _____ day of the week</p> <p>(except for using the computer for homework).</p>	<p>_____ Student signature Date</p>	<p>MARK HERE</p>
<p>I had no more than one hour of screen time on _____ day of the week</p> <p>(except for using the computer for homework).</p>	<p>_____ Student signature Date</p>	<p>MARK HERE</p>

**A journey of a thousand miles
must begin with a single step.**

—Chinese proverb

**If you can imagine it
you can achieve it. If
you can dream it, you
can become it.**

—William Arthur Ward

**thousand miles
with a single step.**

**To succeed ...
you need to find
something to hold on to,
something to motivate you,
something to inspire you.**

—Tony Dorsett

