

# Functional Fitness Challenge

Must be filled out completely to receive credit.



## What is it?

*The Functional Fitness Challenge is a program to help students, teachers and school staff increase the amount of exercise they get each day/week. Research shows that daily exercise (60 minutes most days of the week) helps reduce the risk of health related problems and helps kids get better grades, focus in class and have better memory skills.*

*In addition, this program will focus on eating habits and choices for recreational time. In February you are challenged to focus on getting five (5) fruits and vegetables every day. In March the focus shifts to the amount of screen time a person accumulates each day.*

*Join the Functional Fitness Challenge to get fit in 2012.*

## Challenge Rules

- 1** The Functional Fitness Challenge runs for 2 months  
**February 1st, 2012 - March 31st, 2012**
- 2** Keep track of your daily physical activity, NOT INCLUDING REGULARLY SCHEDULED RECESS or PHYS ED. Your goal is to get at least 60 minutes of physical activity most days of the week. Record the activities and check the circle each day you get 60 minutes or more of exercise.
- 3** **In February**, keep track of the number of fruits and veggies you eat. Your goal is to get at least five (5) servings per day. A serving size is equal to about 1/2 cup. Suggested serving sizes are: one banana, six strawberries, fifteen grapes, one apple, one peach, one 1/2 cup of 100% juice, five broccoli florets, ten baby carrots, one roma tomato, 1/2 of a baked potato and one ear of corn. Check the box for each day you meet the five (5) a day challenge.  
**In March**, keep track of your recreational screen time. This includes TV, video games, portable DVD players and computer/hand held games. Your goal is less than 2 hours each day. Check the box for each day you meet the screen challenge.
- 4** At the end of the Challenge, add up the total number of check marks during February and March and complete the Participation Form provided.

*\*For Participation Form and Challenge calendar, go to [stjohnbaptist.net](http://stjohnbaptist.net)*

# Functional Fitness Challenge Participation Form

Must be filled out completely to receive credit.



.....

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

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

Total # of check marks: \_\_\_\_\_

## During the Functional Fitness Challenge, did you:

- Get more exercise than usual?
- Get about the same exercise as usual?
- Get less exercise than usual?

## In February did you:

- Eat more fruits and vegetables than usual?
- Eat about the same amount of fruits and vegetables?
- Eat less fruits and vegetables than usual?

## In March did you:

- Get less screen time than usual?
- Get about the same amount of screen time?
- Get more screen time than usual?

Signature: \_\_\_\_\_

# February 2012

## Staff and Parent Activity Log



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Feb 1</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 2</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 3</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 4</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 5</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 6</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 7</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 8</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 9</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 10</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 11</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 12</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 13</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 14</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 15</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 16</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 17</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 18</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 19</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 20</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 21</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 22</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 23</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 24</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 25</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 26</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 27</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 28</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 29</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies			

# March 2012

## Staff and Parent Activity Log



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>March 1</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 2</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 3</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 4</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 5</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 6</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 7</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 8</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 9</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 10</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 11</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 12</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 13</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 14</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 15</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 16</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 17</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 18</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 19</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 20</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 21</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 22</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 23</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 24</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 25</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 26</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 27</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 28</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 29</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 30</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 31</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time

# Functional Fitness Challenge Participation Form

Must be filled out completely to receive credit.



.....

Last name: \_\_\_\_\_ First name: \_\_\_\_\_ Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_ School: \_\_\_\_\_

Total # of check marks: \_\_\_\_\_

## During the Functional Fitness Challenge, did you:

- Get more exercise than usual?
- Get about the same exercise as usual?
- Get less exercise than usual?

## In February did you:

- Eat more fruits and vegetables than usual?
- Eat about the same amount of fruits and vegetables?
- Eat less fruits and vegetables than usual?

## In March did you:

- Get less screen time than usual?
- Get about the same amount of screen time?
- Get more screen time than usual?

Signature: \_\_\_\_\_

# February 2012

## Student Activity Log



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Feb 1</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 2</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 3</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 4</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 5</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 6</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 7</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 8</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 9</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 10</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 11</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 12</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 13</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 14</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 15</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 16</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 17</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 18</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 19</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 20</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 21</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 22</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 23</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 24</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 25</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies
<b>Feb 26</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 27</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 28</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies	<b>Feb 29</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Five (5) fruits & veggies			

# March 2012

## Student Activity Log



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>March 1</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 2</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 3</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 4</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 5</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 6</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 7</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 8</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 9</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 10</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 11</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 12</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 13</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 14</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 15</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 16</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 17</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 18</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 19</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 20</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 21</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 22</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 23</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 24</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time
<b>March 25</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 26</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 27</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 28</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 29</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 30</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time	<b>March 31</b> Activities: _____ _____ <input type="radio"/> 60+ min of activity <input type="radio"/> Less than 2hr screen time