**Physical Activity Logs**

**Grades 9-12**

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| Benchmark: | PE.912.C.1.13: Document food intake, calories consumed, and energy expended through physical activity and analyze results. |
| Student Learning Outcome(s): | 1. Develop and record a physical activity log that tracks energy expended for 3 days.
2. Create a food log that records and tracks daily consumption of food and beverages.
3. Understand how technology can play a role in individual health status.
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| Duration of Lesson: | * Three days (outside of school time) for students to complete physical activity and food logs
* One class period for in-class portion of lesson
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| Materials Needed: | * Physical activity logs for each student
* Food intake logs for each student
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| Instructional Procedures: | **Food logs/physical activity logs introduction (20 minutes)**1. Explain the importance of food logs and physical activity logs.
	1. Food logs are used to record food intake
	2. Physical activity logs are used to track daily physical activity
2. Explain why and how food logs and physical activity logs are used.
	1. The logs are an easy way to track calories in and calories out
	2. The logs can be used as a helpful resource to monitor weight goals
	3. The logs can be used to identify nutrient deficiencies.

**Food and physical activity logs assignment explanation (10 minutes)**1. 3 day food and physical activity log will be made (e.g., can be a class assignment).
	1. Have the students record food intake and physical activity for 3 days (e.g., two weekdays and one weekend day – it does not have to be 3 consecutive days).
		1. Example of a food log that may be used to record intake: <http://www.personal-nutrition-guide.com/support-files/food_mood_journal.pdf>
		2. Example of a physical activity log that may be used to record exercise: <https://www.cdc.gov/healthyweight/pdf/physical_activity_diary_cdc.pdf>
	2. Important things to remember when keeping a food log:
		1. Have students be as accurate as possible when recording serving sizes.
		2. Encourage the use of measuring cups and spoons to track food amounts.
		3. Remind the students to record beverage amounts (e.g., don’t forget to include water).
		4. Record anything added to a food (e.g., dressing, butter, gravy, added sugar to drinks, etc.).
		5. Include all added items or toppings to a food
			1. Example: Cheese Burger
				* Burger – 5 oz.
				* White Sandwich Bun – 1 whole
				* Cheddar Cheese – 1 slice
				* Pickles – 4 coins
				* Onions – 1/8 cup
				* Tomatoes – 1 slice
				* Ketchup/BBQ/Mayo – 2 TBSP

**Analyzing food and physical activity logs (20 minutes)*** Students will analyze the information they recorded on their food and physical activity logs.
1. students should analyze their food and activity logs to gain a complete understanding of the amount of calories they are consuming over a 3 day period, identify areas that may need improvement, and understand how the physical activity component is related to their daily calorie needs.

Review any questions students may have about the food log and physical activity log assignment.* Students should be given up to one week to compete this assignment (e.g., they must have time to record food intake on logs for three days and then input records into one of the online resources provided to receive an accurate analysis).
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| Extension of Learning: | Predictive writing:Have students predict how their eating behaviors will affect their health status.* Students should write about the amount of calories they think they consume during an average day.
* Students should write about the amount of physical activity they perform in an average day. How does this affect their energy expenditure?
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