

**HANDOUT:**

# **Kangaroo Food ‘N’ Fitness Activity Log**

In the physical activity column, list the movement activities you did each day and write how long and how many times you did them. In the grain foods column, list the grain foods you ate each day. Remember that half of your grain food choices each day should be whole grain such as whole-wheat flour, oatmeal, whole cornmeal, brown rice or bulgur (cracked wheat). An example is provided.

**Example:**

<b>Physical Activity</b>	<b>Day of the Week</b>	<b>Grain Foods</b>
<ul style="list-style-type: none"><li>• <i>Walked stairs 2x</i></li><li>• <i>Jumped rope 4 minutes</i></li><li>• <i>Played basketball 2x for 15 minutes each</i></li></ul>	<i>Example Day</i>	<ul style="list-style-type: none"><li>• <math>\frac{1}{2}</math> cup oatmeal for breakfast (1 ounce)</li><li>• <math>\frac{1}{2}</math> raisin bagel for afternoon snack (1 ounce)</li><li>• 3 corn flour tortillas for supper (3 ounces)</li></ul>

	<b>Sunday</b>	
	<b>Monday</b>	
	<b>Tuesday</b>	
	<b>Wednesday</b>	
	<b>Thursday</b>	
	<b>Friday</b>	
	<b>Saturday</b>	