



FIT 4 LIFE KIDZ WEEKLY LOG

Name: _____

Focus: **Week One - Balance and Stability**

A good sense of balance is important. It stops you from falling when you run over uneven ground. It lets you reach for a very low tennis ball, and it helps you walk over a slippery surface. Your body balances itself all the time. Normally, you only notice this when you get off balance.

DAY	ACTIVITY	TIME
Thursday	Fit 4 Life Kidz class	45 minutes
Friday		
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		

Write down your activities and duration of the activity with a red pencil. Why red? To remind you that with each activity you perform, you are getting your blood flowing for a healthier heart.

DAY	FRUIT	VEGETABLES	WATER
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			

Directions: use a tick mark for every fruit, vegetable and water consumed. If you eat two vegetables with dinner, you get two tick marks. One class of water is 8 ounces. Most bottled waters count as two tick marks.



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Focus: **Week Two - Flexibility**

Flexibility is the ability of your joints to move through a full range of motion. Having flexibility in your muscles allows for more movement around the joints. Most kids are fairly elastic. You need to keep your body active as you grow up so it doesn't go stiff and "rusty" like an old car. Exercise can help you fight off stiffness and keep your body elastic.

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Focus: Week Three - Strength

Strong muscles give you power. They let you do energetic things like riding a bike for longer. They also help protect your bones and joints. Joints are the hinges where your bones join. Bones become stronger when you build your muscles.

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Focus: **Week Four - Cardio**

Regular physical activity makes your muscles and bones strong. It gives you bundles of energy and a healthy heart and lungs. Getting active can make you happy and even make you think better. Blood carries oxygen to your brain. Your brain needs oxygen for thinking. When you exercise, your heart works harder and pumps blood around your blood faster. This gets more oxygen to your brain.

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Focus: **Week Five – The Heart**

Your heart is really a muscle. It's located a little to the left of the middle of your chest, and it's about the size of your fist. There are lots of muscles all over your body – in your arms, in your legs, in your back, even in your behind. But the heart muscle is special because of what it does. The heart sends blood around your body. The blood provides your body with the oxygen and nutrients it needs.

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