

CJHS Physical Education

- Nutrition & Activity Log -

Record everything you eat or drink for the day. Be sure to include the amount/size of the portions. Also make sure to record the duration/time of the activities you participated in. If you need more space, use a regular piece of binder paper. In order to receive full credit, at least 30 minutes of physical activity must be included!

	Date:	Date:	Date:	Date:	Date:
Breakfast					
Lunch					
Dinner					
Snacks					
Activity					