

3

SHAPEDOWN®



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MY FOOD!

Day _____

Score*[illegible]

Ate mainly FREE & LIGHT Foods? yes no

Totals:

Ate breakfast, lunch, dinner? yes no

Ate at least 3 - 2 - 3 - 2 - 6? yes no

Hungry when started eating? yes no

Stopped eating before full? yes no

MY FOOD!

Day _____

Score:[illegible]

Ate mainly FREE & LIGHT Foods? yes no

Totals:

Ate breakfast, lunch, dinner? yes no

Ate at least 3 - 2 - 3 - 2 - 6? yes no

Hungry when started eating? yes no

Stopped eating before full? yes no

Just for Fun!

MAKE A CIRCUIT COURSE AT HOME

Take the fun of circuit training home! Ask your parent to help you set up a course in your house or apartment. Post a note at each station. On each note, put a number, the activity to be done and an arrow pointing toward the next station. Let the whole family take part!

1. Start off with 3 or more BODY STRETCHES.
2. Move to 6 or more HUFF AND PUFF or BODY BUILDER activities.
3. End with 3 or more BODY STRETCHES activities.

Use music, props, prizes, and equipment or places in your garage, basement, yard or neighborhood to make it more fun. Ask your parent to check that the circuit course is safe before beginning.

BODY STRETCHES

neck rolls
shoulder shrugs
arm swims
reach for apples
sun circles

knee lifts
tuck and reach
flex and point
foot rocks
body hugs

HUFF AND PUFF

30 jumping jacks
dance for 5 minutes
run in place for 4 minutes
skip around the outside of your home
jump softly on the bouncer for 10 minutes

go up and down a flight of stairs
jog to the neighbor's and back
walk around the block
ride a stationary bike 2 miles
step up and down on a toilet seat

BODY BUILDERS

push-ups on the arm of an overstuffed chair
curl-ups
hold onto kitchen sink and do side leg lifts

chin-ups
dumb bells

FUN

walk backwards to the next station
use a coffee table as a tunnel to crawl under
jump back and forth over a pillow

dribble around a kitchen chair
hop or skip between stations
crawl up a flight of stairs

How much fun was it? _____

How much exercise was it? _____