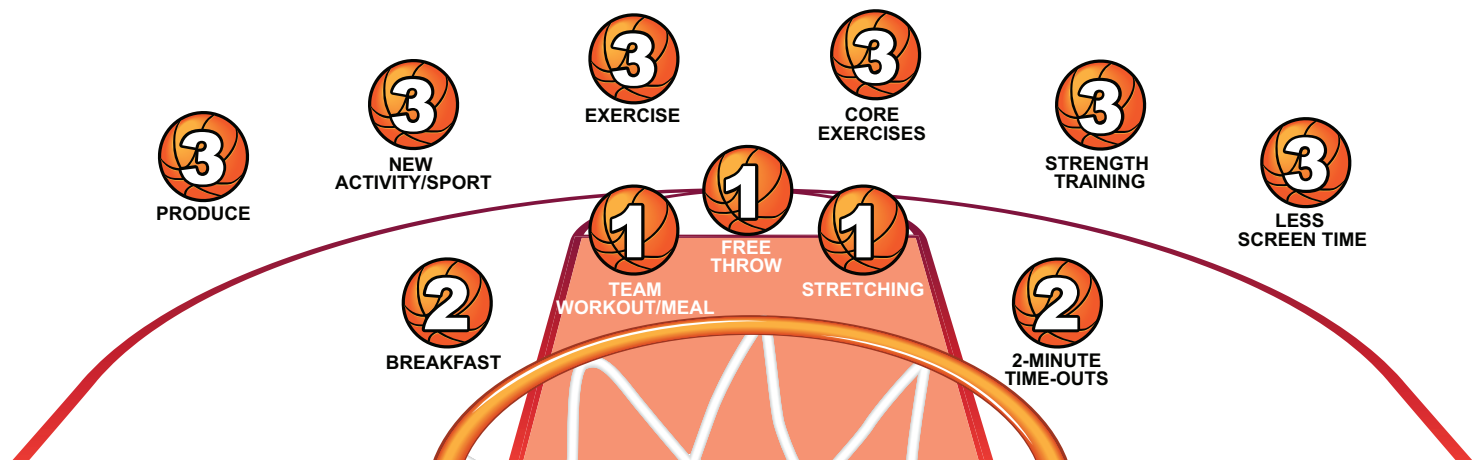


WEEKLY LOG FORM

DATES ___ / ___ to ___ / ___

| | | MON | TUE | WED | THU | FRI | TOTAL | SAT* | SUN* |
|--|------------------------------------|---------------|-----|-----|-----|-----|-------|------|------|
| DAILY POINTS | SHOTS | POINTS | | | | | | | |
| | 30+ minutes of exercise | ③ | ③ | ③ | ③ | ③ | | | |
| | 3+ vegetable and 2+ fruit servings | ③ | ③ | ③ | ③ | ③ | | | |
| | < 2 hours of non-work screen time | ③ | ③ | ③ | ③ | ③ | | | |
| | Breakfast within 2 hours of rising | ② | ② | ② | ② | ② | | | |
| | 3+ 2-minute time-outs | ② | ② | ② | ② | ② | | | |
| | Stretching | ① | ① | ① | ① | ① | | | |
| | Team workout/meal | ① | ① | ① | ① | ① | | | |
| Make a Free Throw | ① | ① | ① | ① | ① | | | | |
| Record your weekly points on the day you take the shots – a maximum of 9 points/week | | | | | | | | | |
| WEEKLY POINTS | Strength training ③ | | | | | | | | |
| | Core exercises ③ | | | | | | | | |
| | New activity/sport ③ | | | | | | | | |
| | GAME TOTAL | | | | | | | | |



NAME _____
TEAM _____

INSTRUCTIONS

Record your score by shading in the basketball each time you make a shot, then total your points at the end of the day.

* Saturday and Sunday columns are included for your convenience, but weekend points do not count toward game scores.



Daily Points

Exercise

Shot: Do 30+ minutes of exercise — score 3 points.

Good health and sustainable energy are the best rewards of the higher fitness level reached with consistent exercise. Some guidelines:

- Talk to your doctor before getting started
- Activities like brisk walking, running, bicycling, elliptical, and vigorous group fitness classes count toward this shot
- The activity should be sustainable for 30 minutes or more
- It should elevate your heart rate and increase your breathing
- Start with whatever you can, and gradually work up to 30 minutes, 5 days a week.

Vegetables/Fruits

Shot: Eat at least 3 vegetable and 2 fruit servings — score 3 points.

Adding a variety of vegetables and fruits to every meal will help you discover new favorites and develop smart nutrition habits for life.

Some ideas:

- Breakfast — berries on whole grain cereal
- Snack — dried fruit or baby carrots
- Lunch — spinach-tomato salad
- Dinner — steamed broccoli or

asparagus as a side dish

- Dessert — baked apples.

Less Screen Time

Shot: Have less than 2 hours of non-work, non-school screen time — score 3 points.

Instead of sedentary habits, work toward more active, healthy, and social fun such as:

- Sports
- Hobbies
- Crafts
- Games.

Breakfast

Shot: Eat a healthy breakfast within 2 hours of rising — score 2 points.

Good breakfast choices include:

- Protein — eggs, peanut butter, lean meat or fish (such as water-packed tuna or salmon)
- Grains — whole grain toast, rolls, bagels, hot or cold whole grain cereals
- Produce — fresh (or frozen) fruits and vegetables
- Dairy — milk, yogurt, and cheese (not processed).

A balanced breakfast sets you up for success throughout the day.

2-Minute Time-outs

Shot: Take at least 3 2-minute time-outs — score 2 points.

Guidelines:

- Schedule at least 1 in the morning and 2 in the afternoon
- Space time-outs 1-2 hours apart; for many, 90-minute intervals work well
- Make it physical. Use the *Slam Dunk Wellness* stretching and strengthening exercises or come up with your own.

Stretching

Shot: Perform flexibility exercises — score 1 point.

Make stretching a habit and boost your range of motion:

- Warm up first, or stretch after cooling down from a cardio or strength workout
- Hold each stretch for 10-60 seconds
- Stretch at least 2-3 times a week; daily is better.

Team Workout/M meal

Shot: Exercise or eat a meal with at least 1 other team member — score 1 point.

Sharing a workout or a meal builds team spirit — and sparks motivation.

Free Throw

Shot: Answer the quiz question correctly — score 1 point.

If you're looking for an easy point, take a shot at a Free Throw each weekday. Shoot 100% from the charity stripe just by reading the daily tip online.

Weekly Points

Strength Training

Shot: Perform strength training 2x/week; record once — score 3 points.

Challenge your muscles by doing exercises using your own body weight as resistance or with equipment such as:

- Weight machines
- Dumbbells
- Elastic bands or tubing
- Free weights
- Stability balls.

Core Exercises

Shot: Do core exercises once a week — score 3 points.

Build endurance and stability for a healthy core with activities like these — no equipment required:

- Planks
- Back exercises
- Squats and lunges
- Modified curl-ups.

New Activity/Sport

Shot: Try 1 new activity or sport — score 3 points.

If you're ready to expand your playbook, try these ideas:

- Join a team
- Take a lesson
- Learn from friends
- Hire a certified personal trainer.

