Physical Activity and Nutrition Assessment

Name: ________________________________       Date: ____/____/______

Please complete the “Current” column based on the previous 7 days. The “Goal” and “Follow-Up” columns will be completed by the clinician. If you’re unsure how to respond, leave blank.

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Current Activity</th>
<th>Activity Goal</th>
</tr>
</thead>
</table>
| 1. Daily Physical Activity | 1. _____ min/day  
Low to Moderate Intensity  
Ex: everyday movement, Walking, biking, active play | 1. _____ min/day |
|                   | _____ days/wk     | _____ days/wk |
| 2. High-Intensity Activity* | 2. _____ min/day  
(fast breathing, sweating)  
Ex: running, soccer, dance | 2. _____ min/day |
|                   | _____ days/wk     | _____ days/wk |
| 3. Screen Time | 3. _____ hours/day  
(outside of the school day)  
Ex: TV, video games, computer | 3. _____ hours/day |
|                   | _____ days/wk     | _____ days/wk |

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Current Nutrition</th>
<th>Nutrition Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Breakfast</td>
<td>1. _____ days/wk</td>
<td>1. _____ days/wk</td>
</tr>
</tbody>
</table>
| 2. Fruits & Veggies | 2. Fruits:  
1 cup=1 large potato or orange  
½ cup=4 strawberries, 6 baby carrots, beans (whole or refried)  
Ex: fresh, canned, dried, frozen | 2. Fruits: |
|                   | Circle: DAY or WEEK  
_____ cups per | Circle: DAY or WEEK  
_____ cups/day |
|                   | Veggies:  
Circle: DAY or WEEK  
_____ cups per | Circle: DAY or WEEK  
_____ cups/day |
| 3. Milk or Milk Products | 3. _____ cups/day | 3. _____ cups/day |
| 4. Whole Grains | 4. _____ times/day | 4. _____ times/day |
| 5. High Fat and Sugary Foods | 5. _____ times/day | 5. _____ times/day |
| 6. Sugar-Sweetened Drinks | 6. _____ times/day | 6. _____ times/day |
| 7. Eating out | 7. _____ days/wk | 7. _____ days/wk |

Goal Tracker

Check a box each day you meet your nutrition and activity goal(s).

I MET MY GOAL!

Week #1
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #2
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #3
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #4
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #5
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #6
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #7
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Week #8
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Way To Go!
If you’ve met your goal, keep it up and set a new activity or nutrition goal. Use another sheet to continue tracking your goals.
How Much Activity Each Day?

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults Under Age 65</th>
<th>Adults Over Age 65</th>
</tr>
</thead>
<tbody>
<tr>
<td>60+ minutes of Daily Activity</td>
<td>30 minutes per day of moderately intense cardio (5 days/week) OR 20 minutes of intense cardio per day (3 days/week)</td>
<td>30 minutes per day of moderately intense cardio (5 days/week) OR 20 minutes of intense cardio per day (3 days/week)</td>
</tr>
<tr>
<td>20+ minutes of High Intensity Activity, 3+ times per week*</td>
<td>8-10 strength-training exercises, 8-12 repetitions of each exercise twice a week</td>
<td>8-10 strength-training exercises, 10-15 repetitions of each exercise 2-3 times a week</td>
</tr>
<tr>
<td>Less than 2 hours of screen time (video games, TV, computer) a day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: National Association for Sport and Physical Education and American College of Sports Medicine.

Activity Tips

- **Choose to Move Everyday!** All activity counts-go for 60+ minutes of physical activity every day!
- **Split it Up!** Get 15 minutes of activity several times a day to make your 60+ minute goal!
- **Keep Your Heart in Shape!** Play hard to get your heart beating fast and break into a sweat.
- **Play, Be Strong, Stay Flexible!** Build strength and flexibility by stretching or doing cartwheels.
- **Free Time is More than Screen Time!** Use your free time to move your body, go outside, play with friends and family!

How Much Food Each Day?

<table>
<thead>
<tr>
<th>1600 calories</th>
<th>1800 calories</th>
<th>2000 calories</th>
<th>2400 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 cup fruit</td>
<td>1.5 cups fruit</td>
<td>2 cups fruit</td>
<td>2 cups fruit</td>
</tr>
<tr>
<td>2 cup veggies</td>
<td>2.5 cups veggies</td>
<td>2.5 cups veggies</td>
<td>3 cups veggies</td>
</tr>
<tr>
<td>5 oz of grains</td>
<td>6 oz grains</td>
<td>6 oz grains</td>
<td>8 oz grains</td>
</tr>
<tr>
<td>3 cups milk</td>
<td>3 cups milk</td>
<td>3 cups milk</td>
<td>3 cups milk</td>
</tr>
<tr>
<td>5 oz meat/beans</td>
<td>5 oz meat/beans</td>
<td>5.5 oz meat/beans</td>
<td>6.5 oz meat/beans</td>
</tr>
</tbody>
</table>

Choose MyPlate Healthy Eating Tips

**Fruits**
Focus on Fruits

- Fruits are nature’s treats -sweet and delicious
- Eat them at meals and snack time too.
- Choose fresh, frozen, canned, or dried.
- Limit juice and make sure it’s 100%.

**Veggies**
Vary your veggies

- Color your plate with all kinds of great-tasting veggies.
- What are green and orange and taste good? Veggies! Go dark green with broccoli and spinach or try orange veggies like carrots and sweet potatoes.

**Grains**
Make half your grains whole

- Make half your grains whole!
- One ounce of whole-grain equals a slice of whole-wheat bread, ½ cup of oatmeal, brown rice, or 1 cup whole-grain cereal.

**Milk**
Get your calcium-rich foods

- Move to the milk group to get your calcium. Calcium builds strong bones.
- Look at the carton or container to make sure your milk, yogurt or cheese is low-fat or fat-free!

**Meats and Beans**
Go lean with protein

- Eat lean or low-fat meat such as chicken, turkey, and fish. Eat it baked, broiled or grilled. A deck of cards = 3 ounces.
- Nuts, seeds, peas, and beans are all great sources of protein, too!

**Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as canola, corn, soybean, and olive oil.

**Don’t sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

For more nutrition information visit: [www.choosemyplate.gov](http://www.choosemyplate.gov)

Developed by Holly Dingman, MS, RD, adapted with permission by Emily Estes.