

## BiW4Teens – Student Progress Log

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Program Start Date: \_\_\_\_\_ School Nurse: \_\_\_\_\_

Measurements and Vital Signs	Notes
Date: _____ WT _____ HT _____ Waist Circ _____ BMI _____ P _____ R _____ BP _____	
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Student Name:

Date	Session Completed	Using Power Tool (if yes, check box)
	1 - Program Introduction	<input type="checkbox"/> Make Healthy Choice Bracelet
	2 – Peak Health --- What did patient write at top of Peak Health?	
	3– Body Appreciation	<input type="checkbox"/> Body Love Hug
	4 – Journaling	<input type="checkbox"/> Journaling
	5 – Unhealthy Habits	
	6 – Food Cravings	<input type="checkbox"/> Food Craving Management Plan
	7 – Healthy Habits	
	8 – Physical activity	
	9 – Setting Goals	<input type="checkbox"/> Habit Tracker
	10 – Mighty Messages	<input type="checkbox"/> Mighty Messages
	11 – Mini Movies	<input type="checkbox"/> Mini Movies
	12 – Support New Habits	<input type="checkbox"/> Positive Reinforcement <input type="checkbox"/> Reward System
	13 – Nutrition Plan _____ Kcal Nutrition Plan	<input type="checkbox"/> Food & Activity Log <input type="checkbox"/> Nutrition Plan Worksheet
	14 – Food and Energy Balance	
	15 – Grains	
	16 – Label Reading	
	17 – Legumes & Veggies	
	18 – Fruit	
	19 – Dairy	
	20 – Protein & Meat	
	21 – Fats	
	22 – What About Sugar	
	23 – Healthier Kitchen	
	24 – Team Up for Meal Planning	
	25 – Problem Solving	
	26 – Getting Around Path Blocker	
	27 – Stay Motivated	
_____	<b>Started Maintenance Phase</b>	<input type="checkbox"/> Make Healthy Choice Bracelet <input type="checkbox"/> Journaling <input type="checkbox"/> Habit Tracker <input type="checkbox"/> Mighty Messages <input type="checkbox"/> Mini Movies <input type="checkbox"/> Positive Reinforcement <input type="checkbox"/> Reward System <input type="checkbox"/> Food & Activity Log <input type="checkbox"/> Nutrition Plan Worksheet
_____	<b>Completed Maintenance Phase</b>	

Student Name:

Date Started	Healthy Habits	Date	Date	Date	Date	Date	Date
	1 -- Drink milk or eat a dairy product 2 – 3 times per day.						
	2 -- Take a calcium/D <sub>3</sub> supplement.						
	3 -- Eat 1 or more servings a fruit per day.						
	4 -- Eat 1 or more servings a veggies per day.						
	5 -- Eat breakfast every morning, with some protein.						
	6 -- Limit fruit juice to 4 oz/day.						
	7 -- Eat slower. Set fork/spoon down after each bite. Put hands on lap before taking next bite.						
	8 -- Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods.						
	9 -- Take smaller servings, leave open space on your plate instead of filling it full, order small serving sizes at restaurants.						
	10 -- Eat home cooked meal with family at least 5 times a week.						
	11 -- Limit eating fast food to once a week or less.						
	12 -- Limit snacking after school to 1 small healthy snack.						
	13 -- Eat same amount for supper as you ate for lunch						
	14 -- Avoid eating after supper						
	15 -- Only eat 1 small healthy snack between each meal.						
	16 -- If hungry between meals, drink a glass of water and wait 15 minutes.						
	17 -- Eat snacks and meals at the table with an adult or family member(s).						
	18 -- Turn the television off during snacks and meals.						
	19 -- Make a contract with someone you trust, that you agree to stop sneaking and hiding food.						
	20 -- Replace pop and sugary beverages with sugar-free drinks (i.e. water, flavored water, tea).						
	21 -- AVOID fast foods, fried foods, breaded meat, chips, ice cream.						
	22 -- Decrease use of butter, creamy salad dressing, mayonnaise.						
	23 -- Replace junk food with healthy snack options.						
	24 -- Pack healthy snacks and drinks when away from home.						
	25 -- Get a minimum of 60 minutes of aerobic activity a day, 6 times a week.						
	26 -- Limit screen time (television, computer, video games) to 2 hours OR LESS and find alternative activities (i.e. crafts, projects, games, sports, chores).						
	27 -- Have a regular bedtime						
	28 -- Get 8 hours of sleep per night						

Student Name:

Date	Learning Objectives Achieved
	<b>SESSION ONE – PROGRAM INTRODUCTION</b>
	1-Participant will verbalize understanding how the program works.
	2-Participant will be able to list several ways that a high BMI can hurt the body.
	3-Participant will list several program benefits.
	4-Participant will describe the implementation and maintenance phases of the program.
	5-Participant will verbalize understanding that habit change starts in the brain.
	6-Participant will explain what a program power tool is.
	7-Participant will verbalize understanding healthy weight loss goals for teens and tweens.
	8-Participant will sign <i>BiW Program Commitment Contract</i> with their parent(s).
	<b>SESSION TWO – PEAK HEALTH</b>
	1-Participant will define Peak Health.
	2-Participant will list benefits of a body and mind in Peak Health.
	3-Participant will list benefits of Peak Health that they would like to achieve.
	4-Participant will identify the most important thing that they would like to achieve when they reach the top of Peak Health.
	<b>SESSION THREE – BODY APPRECIATION</b>
	1-Participant will verbalize understanding body appreciation.
	2-Participant will identify their level of body appreciation.
	3-Participant will verbalize understanding why it is important to appreciate your body.
	4-Participant will list 10 things they like about your body.
	5-Participant will practice the <i>Body Love Hug</i> .
	<b>SESSION FOUR – JOURNALING</b>
	1-Participant will list several benefits of journaling.
	2-Participant will describe 4 types of journaling that can support habit change.
	3-Participant will explain how to journal to support positive changes.
	<b>SESSION FIVE – UNHEALTHY HABITS</b>
	1-Participant will list habits that cause energy balance to get out of whack.
	2-Participant will identify their unhealthy habits.
	3-Participant will verbalize understanding how their unhealthy habits have caused their body to store excess energy.
	<b>SESSION SIX – FOOD CRAVINGS</b>
	1-Participant will be able to list several causes of food cravings;
	2-Participant will list several lifestyle habits that prevent food cravings;
	3-Participant will identify their food craving triggers;
	4-Participant will list healthy substitutions for food cravings;
	5-Participant will develop a personalized craving management plan.
	<b>SESSION SEVEN – HEALTHY HABITS</b>
	1-Participant will list habits that help get the body's energy balance back in whack;
	2-Participant will identify ideas to help them change their unhealthy habits into healthier habits.
	<b>SESSION EIGHT – PHYSICAL ACTIVITY</b>
	1-Participant will define 3 types of physical activity and give several examples of each type;
	2-Participant will describe how physical activity can help get their energy balance back in whack;
	3-Participant will list different ways physical activity supports the health of the body and brain;
	4-Participant will identify how many calories a body will burn during different types of physical activities.
	5-Participant will develop their own personal activity pyramid.

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	<b>SESSION NINE – SETTING GOALS</b>
	1-Participant will choose 2 to 3 healthy habit goals to start working on.
	2-Participant will set up their <i>BiW4Teens Habit Tracker</i> .
	3-Participant will verbalize understanding how to use the <i>Habit Tracker</i> to support successful habit change.
	4-Participant will explain how the <i>Habit Tracker</i> is vital to their success with the BiW4Teens Program.
	5-Participant will verbalize when to add new habits and how long each new habit needs tracked in the <i>Habit Tracker</i> .
	<b>SESSION TEN – MIGHTY MESSAGES</b>
	1-Participant will explain what a mighty message is.
	2-Participant will verbalize how mighty messages can be used to support habit change.
	3-Participant will write their own personal mighty message(s).
	4-Participant will effectively practice a mighty message.
	5-Participant will explain technique to stop automatic negative thoughts.
	<b>SESSION ELEVEN – MINI MOVIES</b>
	1-Participant will describe what a mini movie is and how it works.
	2-Participant will develop their own personal mini movie to support habit change.
	3-Participant will explain ways mini movies can be used to support physical & emotional health.
	<b>SESSION TWELVE – SUPPORT NEW HABITS</b>
	1-Participant will explain how a positive focus supports habit change.
	2-3Participant will describe a positive mindset.
	3-Participant will explain the difference between positive reinforcements and rewards.
	4-Participant will list examples of positive reinforcements and rewards.
	5-Participant will verbalize how a habit change contract can decrease stress during the habit change process.
	6-Participant will complete the <i>BiW Habit Change Contract</i> with their parent(s).
	<b>SESSION THIRTEEN – NUTRITION PLAN</b>
	1-Participant will list 7 food categories on the nutrition plan.
	2-Participant will identify number of servings their body needs from each food category.
	3-Participant will list the 4 energy food categories.
	4-Participant will identify serving sizes for different foods.
	5-Participant will explain how to use the <i>Nutrition Plan Worksheet</i> .
	6-Participant will describe how to use the <i>Food and Activity Log</i> .
	<b>SESSION FOURTEEN – FOOD AND ENERGY BALANCE</b>
	1-Participant will describe meanings of important nutrition words.
	2-Participant will verbalize how different foods effect energy balance.
	3-Participant will list nutritional deficiencies that have a negative impact on energy balance.
	4-Participant will list several important nutrients that help support energy balance.
	5-6Participant will verbalize how digestion effects energy balance.
	6-Participant will list several actions to take to support healthy digestion.
	7-Participant will explain why water is so important for health and energy balance.
	<b>SESSION FIFTEEN – GRAINS</b>
	1-2Participant will list foods in the grain group.
	2-Participant will verbalize that grains are part of the starch group.
	3-Participant will verbalize that grains are one of the 4 energy food categories.
	4-Participant will describe the difference between whole grains and refined grains.
	5-Participant will explain why whole grains support health and energy balance.
	6-Participant will identify refined and whole grains by reading the food label.
	7-Participant will complete Family Activity – Find Healthy Whole Grains.
	8-Participant will measure Grain Products to Learn Serving Sizes.

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	<b>SESSION SIXTEEN – LABEL READING</b>
	1-Participant will list and understand key parts of nutrition labels.
	2-Participant will list examples healthy food choices.
	3-Participant will identify unhealthy food choices.
	4-Participant will complete Activity – Label Reading Treasure Hunt.
	<b>SESSION SEVENTEEN – LEGUMES AND VEGGIES</b>
	1-Participant will verbalize how veggies and legumes help support health.
	2-Participant will verbalize how veggies and legumes help balance energy.
	3-Participant will identify one veggie that is a quick release energy food.
	4-Participant will list veggies that are in the starch group.
	5-Participant will list veggies that are low in calories and dense in nutrients.
	6-Participant will verbalize the healthiest ways to cook and eat veggies.
	7-Participant will complete Family Activity – Find Legumes.
	8-Participant will complete Family Activity – Find Veggies.
	9-Participant will complete measure Legumes to Learn Serving Sizes.
	10-Participant will complete measure Veggies to Learn Serving Sizes.
	<b>SESSION EIGHTEEN – FRUIT</b>
	1-Participant will list reasons why fruit helps support health.
	2-Participant will verbalize how fruit helps balance energy.
	3-Participant will identify one fruit that is a quick release energy food.
	4-Participant will describe the healthiest ways to eat fruit.
	5-Participant will complete Family Activity – Find Fruit.
	6-Participant will measure Fruits to Learn Serving Sizes.
	<b>SESSION NINETEEN – DAIRY</b>
	1-Participant will list important nutrients in dairy products.
	2-Participant will list healthy dairy choices.
	3-Participant will list unhealthy dairy choices.
	4-Participant will complete Family Activity – Find Dairy Products.
	5-Participant will measure Dairy Products to Learn Serving Sizes.
	<b>SESSION TWENTY – PROTEIN AND MEAT</b>
	1-Participant will list protein rich foods.
	2-Participant will verbalize how protein supports a healthy body.
	3-Participant will explain how protein effects energy balance.
	4-Participant will identify healthy and unhealthy protein choices.
	5-Participant will list protein sources that also count as a fat serving.
	6-Participant will complete Family Activity – Find Protein and Meat.
	7-Participant will measure Protein and Meat to Learn Serving Sizes.
	<b>SESSION TWENTY-ONE – FATS</b>
	1-Participant will list different types of fat.
	2-Participant will describe different jobs fat has in the body.
	3-Participant will verbalize how omega 3 fatty acids are vital to good health and a healthy energy balance.
	4-Participant will list several healthy fats.
	5-Participant will list several unhealthy fats.
	6-Participant will verbalize that fat is a dense energy source.
	7-Participant will complete Family Activity – Fat Finding Mission.
	8-Participant will measure Fats to Learn Serving Sizes.

Student Name:

Date	Learning Objectives Achieved
	<b>SESSION TWENTY-TWO – WHAT ABOUT SUGAR</b>
	1-Participant will list several harmful effects that sugar has on the body.
	2-Participant will verbalize how sugar negatively impacts energy balance.
	3-Participant will list negative effects that sugar has on the brain and emotions.
	4-Participant will verbalize how sugar promotes overeating and bingeing.
	<b>SESSION TWENTY-THREE – HEALTHIER KITCHEN</b>
	1-Participant will make a plan to replace unhealthy foods in their kitchen with healthier foods.
	2-Participant will describe where to look in the grocery store to find the healthiest food choices.
	3-Participant will verbalize how to find reasonably priced healthy food at the grocery store.
	4-Participant will complete Activity – <i>Blueprint for a Healthier Kitchen</i> .
	<b>SESSION TWENTY-FOUR – TEAM UP FOR MEAL PLANNING</b>
	1-Participant will be able to plan a healthy balanced meal.
	2-Participant will verbalize how to adjust unhealthy recipes and make them healthier.
	3-Participant will be able to write a menu for a week.
	4-Participant will be able to make out a grocery list for several meals.
	5-Participant will try one idea from Handout – <i>Liven Up Your Meals with Veggies and Fruit</i> .
	6-Participant will try one idea from Handout – <i>Tips for Healthier Recipes</i> .
	7-Participant will complete Worksheet – <i>Team Up for Meal Planning</i> .
	8-Participant will complete Worksheet – <i>Healthy Foods Shopping List</i> .
	9-Participant will try one idea from Handout – <i>Tips for Getting Teens Excited about Healthy Eating</i> .
	<b>SESSION TWENTY-FIVE – PROBLEM SOLVING</b>
	1-Participant will be able to identify problems and brainstorm solutions.
	2-Participant will list problem solving steps.
	3-Participant will be able to develop problem solving plan and put it into action.
	4-Participant will be able to evaluate how well their plan worked.
	<b>SESSION TWENTY-SIX – GETTING AROUND PATH BLOCKERS</b>
	1-Participant will describe what a path blocker is.
	2-Participant will identify path blockers in their life.
	3-4Participant will be able to evaluate if their path blocker is something they can get around.
	4-Participant will be able to recognize when to develop a new health goal for a path blocker that they can't get around.
	5-Participant will complete Worksheet – <i>Explore Path Blockers on Your Journey</i> .
	<b>SESSION TWENTY-SEVEN – STAYING MOTIVATED</b>
	1-Participant will identify several ways to stay motivated.
	2-Participant will list actions they can take to stay on track during the maintenance phase of the BiW4Teens program.
	3-Participant will list power tools that can be used to help manage stress.
	4-Participant will submit completed Wacky Words Form and receive incentive gift.