

Fitness & Diet Worksheet

-EZ Physical Education and Health-

Name: _____

Date: _____

+Fitness Tracking and Goal-Setting+

1. Fitness Goals

- List three specific fitness goals you want to achieve:

1. _____

2. _____

3. _____

2. Tracking Progress

- Create a table to track your progress for each goal. Include columns for date, activity, duration, and any notes or observations.

Date	Activity	Duration (minutes)	Notes/Observations

3. Reflection on Progress

- Reflect on your progress towards your fitness goals. Have you seen improvements? What strategies have been most effective for you?

+Nutrition and Meal Planning+

1. Daily Meal Log

- Keep a record of your meals for one day. Include breakfast, lunch, dinner, and any snacks. Write down the food items and portion sizes.

- **Breakfast:**

- **Lunch:**

- **Dinner:**

- **Snacks:**

2. Balanced Diet Checklist

- Check off the food groups you've included in your meals for the day:

- [] Fruits
- [] Vegetables
- [] Whole Grains
- [] Lean Proteins
- [] Dairy or Dairy Alternatives
- [] Healthy Fats

3. Nutrition Reflection

- Reflect on your daily meals. Did you meet the criteria for a balanced diet? Are there any areas where you can make improvements?

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