

Rookie Tracker

Name: _____

Week: _____



Are You Ready to Keep Score of How You Get Your Game On!? You are learning many new ways to stay fit and healthy. You know that you need to make healthy choices. And you know that you need to get up and move each day for 60 minutes to balance “Energy In” with “Energy Out”.






For the next ____ weeks, keep score of your healthy choices with this Tracker.

- Your “Energy In” goal is to make three healthy nutrition choices each day from the list below.
- Your “Energy Out” goal is to get up and move for at least 60 minutes each day.
- All of your 60 minutes of physical activity do not have to be done at the same time. You can do short spurts of physical activity during the day. It all needs to add up to 60 minutes.

As you reach your goal each week, take time to celebrate!

TRACKING YOUR “ENERGY IN”

Make at least three healthy choices each day. Track at least five days per week!

	 I had Grains Group Foods	 I had Vegetable Group Foods	 I had Fruit Group Foods	 I had Milk Group Foods	 I had Meat & Beans Group Foods	TOTAL number of healthy eating choices each day
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



Energy Tracker originally created for **ReCharge! Energizing After-School** an after-school program for 3rd-6th graders developed by Action for Healthy Kids and its partner organizations, with support from the National Football League. Visit www.ActionForHealthyKids.org for more information.

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TRACKING YOUR “ENERGY OUT”

Be physically active for at least 60 minutes each day. Track at least five days per week!

	Activities	Minutes	Were you active For 60+ Minutes today?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



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