



Healthy Living Plan

Name: _____ Year Completed: **2017/18**

1. Develop a activity and nutrition plan based on sound habits (refer the Canada's Food Guide and Healthy Living for Families Guide- use the recommended servings for your age)

Create a Food - **give specific amounts** (i.e.1 cup, or 1 small apple) and physical (give amount of **time** you did activity) Activity Plan.

Meals and Activities	Day 1	Day 2	Day 3
Breakfast			
Morning Snack			
Lunch			
Afternoon Snack			
Supper			
Evening Snack			
Daily Physical Activities			

2. Explain how sound nutrition and activity practices contribute to good health.

3. You are required to complete and **log** 150 minutes of Physical Activity per week each year (Grade 10, 11 and 1). Describe your plan for completing this requirement.

4. When you encounter stress in your life, what positive techniques do you use to manage it?

5. List some of the positive health decisions you have made in your high school years. Also, explain what motivated you to make these decisions.

Fitness & Exercise Response

5. In the chart below, list 5 options for physical activity, and the positive and negative aspects of each. For example, swimming can help rebuild bone strength but if you swim in a pool a lot the chlorine is not good for your skin. Do some research online and cite the URL used to find your answer

<u>Activity</u>	<u>Positive Aspect(s)</u>	<u>Negative Aspect(s)</u>	<u>URL</u>
1			
2.			
3			
4			
5			

6. In the chart below, list 3 different physical activities that you do throughout the year. List the contact details for the facility or team if there is one and the date, time and cost of the programs.

Facility	Address / Contact Number	Activity	Date / times / cost of program or class
1.			
2.			
3.			

7. Did you have a hard time finding 3 physical activities that you do now on a regular basis? List 2 more activities that you would like to do with the times and costs (if there are). Do some research to find them at your local community center if need be.

Facility	Address / Contact Number	Activity you would like to participate in	Date / times / cost of program or class
1			
2			

8. Make up a schedule showing when you do your current activities each week and include the new ones that you would like to do but in a different colour (example below).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday