

Activity and Fitness Log Guidelines



The mission of the Healthy Futures movement is to get Alaska youth in the habit of daily physical activity. Join us in this critical mission!

Teachers, please note: participation by your students does not interfere or conflict with your delivery of the adopted PE or Health curriculum. Your current program fits because the activity/fitness logs includes all physical activity.

Some teachers make the **Youth Activity or Fitness Log** *optional* so students can choose to do it for extra credit. Others require older elementary students to complete Logs as homework or part of their physical education curriculum.

If you are unable to participate maybe there is another teacher/interested parent who oversees a running club or after school physical activity at your school and may be interested. Please pass these materials on to them or to your local PTA/PTSA.

How to Get Started

- 1) Decide which activity or fitness log best compliments your program and students (available at www.healthyfuturesak.org)
 - a. The basic 4-week activity log (recommended for all ages- 1st graders and below will need assistance by staff or parents)
 - b. A more comprehensive 4-week fitness log for older students (recommended for 5th graders and above)
 - c. A 4-week fitness log developed for high school students
- 2) Contact **Rebecca** (contact info below) to confirm your participation and contact **Cindy** (contact info below) to request the incentives start-up kit.
- 3) Determine how many minutes you will require to be documented in continuous activity with increased heart rate (Note: the required minimum for students to be eligible for the annual grand prize incentives is 20 minutes a day, three days per week for 4 consecutive weeks.) It is recommended that kids get at least 60 minutes of vigorous activity every day.
- 4) Copy and distribute a copy of the Log and the Healthy Futures Parent Letter to each student. Please adapt and change the letter to meet your individual

needs. Don't forget to sign your name! Get parent's signature for participation (and encourage them to be active too!)

- 5) Review the Log and the Healthy Futures incentive program with students. We have enlarged logs that you can use as a model and visual (which also serve as a great display model for charting your own progress for students to see.)
 - Ask students to keep the logs with them show them how to record progress daily.
 - Discuss which activities increase your heart rate and are vigorous.
- 6) Challenge and set goals *with* your students. How many 1-month logs will the group complete during the semester; the school year? (Note: students who complete five 1-month logs become "Healthy Futures All Stars" and receive a special t-shirt.) . Tell them about Healthy Futures events, and how daily vigorous physical activity will help prepare their bodies for participating in the events.
- 7) Accept completed logs after 4 weeks of physical activity. **Important:** check for complete student information, dates, consecutive weeks, time in minutes, signatures and qualification. Qualifying logs document a *minimum of 20 minutes of continuous vigorous activity three times a week for four consecutive weeks with increased heart rate.*
- 8) Record students with qualifying logs in the Healthy Futures Log excel database. This database is designed to be a tool for your own recording keeping as well. Store the completed logs on site until final year end pick up. Send your database to **Rebecca**. **If you are unable to complete the database then have your qualifying logs ready for pick up at the time of your incentive delivery.**
- 9) Contact **Cindy** to request the incentives you need. For each qualifying log, students may earn a Healthy Futures Nalgene bottle (one per student), a carabiner, dog tag, silicone wrist band or shoe "grafeeties" bumper sticker. In addition, with each qualifying log students should be recognized with a shoe token.

Bonus: Students who complete three 4-week logs, participate in three Healthy Futures event or a combination of both, become eligible to win a \$300 Sports Package of their choosing. With each additional event entry or qualifying log, they earn one more chance at this random drawing.

A student completing five 4-week logs receives a Healthy Futures t-shirt and becomes a Healthy Futures Physical Activity All Star.

Please use your discretion on motivating your students with these incentives. If a youth received a water bottle last year and still has it, then give a carabiner, dog tag, wrist band or grafeetie bumper stickers for their first log this year. Any student may receive different colored dog tags for their separate qualifying logs in a year. If you are new to the Healthy Futures initiative, we recommend the following incentive structure your first year for qualifying logs: 1st-water bottle, 2nd-carabiner, 3rd-dog tag, 4th-dog tag (different color), 5th-t-shirt,etc. plus a foot token.

Schedule a motivational visit by Kikkan Randall

Contact **Cindy Norquest**. Visits are scheduled on a first come first serve basis in the Anchorage area. Depending on the number of requests and availability of the spokesperson, site visits may be drawn by lottery.

Contacts

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