

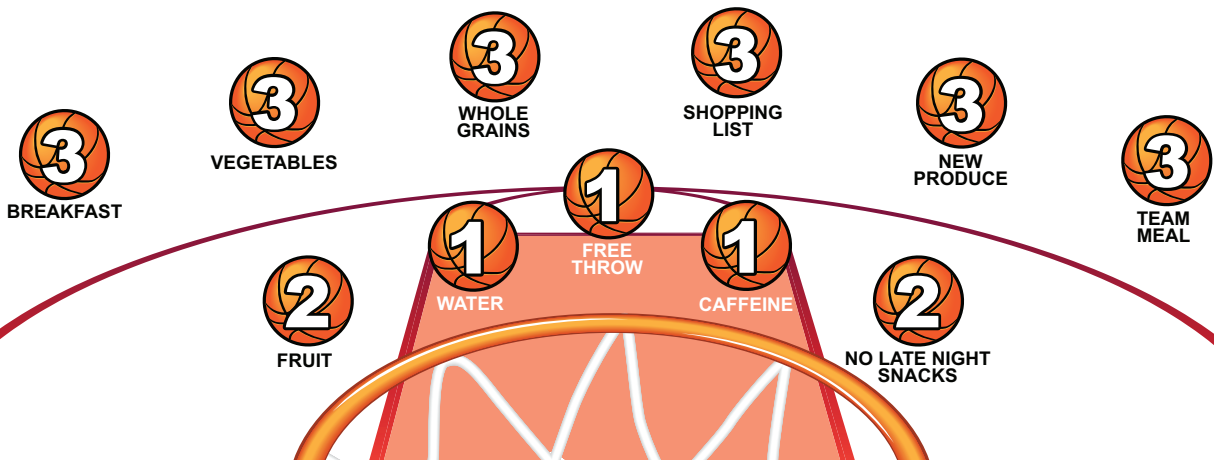
WEEKLY LOG FORM



A NUTRITIONAL SLAM DUNK

DATES ___/___/___ to ___/___/___

		MON	TUE	WED	THU	FRI	TOTAL	SAT	SUN
DAILY POINTS	SHOTS	POINTS							
	Healthy breakfast	3	3	3	3	3			
	3+ vegetable servings	3	3	3	3	3			
	3+ whole grain servings	3	3	3	3	3			
	2+ fruit servings	2	2	2	2	2			
	Avoid late-night snacks	2	2	2	2	2			
	5+ glasses of water	1	1	1	1	1			
	Avoid excess/late-day caffeine	1	1	1	1	1			
Make a Free Throw	1	1	1	1	1				
Record your weekly points on the day you take the shots – a maximum of 9 points/week									
WEEKLY POINTS	Team Meal	3							
	New Produce Choice	3							
	Healthy Shopping List	3							
	GAME TOTAL								



NAME _____
TEAM _____

INSTRUCTIONS

Record your score by shading in the basketball with an orange Hi-Liter each time you make a shot. Total your points at the end of the day.

Saturday and Sunday columns are included for your convenience, but weekend points do not count toward game scores.



Daily Points

Healthy Breakfast

Shot: Have a healthy breakfast — score 3 points a day

Good breakfast choices include:

- *Produce* — fresh (or frozen) fruits and vegetables
- *Dairy* — milk, yogurt, or cheese (not processed)
- *Protein* — eggs, peanut butter, lean meat (try sliced turkey) or fish (such as water-packed tuna or salmon)
- *Grains* — whole grain toast, rolls, bagels, hot or cold whole grain cereals

Not only is breakfast the key to all-day energy, it's also vital to an overall healthy diet and weight control.

Vegetables

Shot: Eat 3 or more vegetable servings — score 3 points a day

- 1 cup fresh or cooked vegetables
- 1 cup cooked beans
- 1 cup vegetable juice
- 2 cups leafy greens

Pound for pound, no food group offers more health benefits than vegetables.

Whole Grains

Shot: Eat 3 or more whole grain servings — score 3 points a day

- 5-7 small crackers
- 1 slice whole grain bread (1 ounce)
- 3 cups of popcorn
- 1/2 cup cooked brown rice, cooked grain, or whole grain pasta

- 1/2 cup cooked oatmeal
- 6" whole grain tortilla
- 1 cup whole grain ready-to-eat cereal

Whole grain foods are rich in complex carbs and fiber, which take longer to digest and keep you satisfied longer than simple/refined carbs.

Fruit

Shot: Eat 2 or more fruit servings — score 2 points a day

- About 8 strawberries
- 1 cup diced fruit (fresh, or canned without syrup or added sugar, is best)
- 1/2 cup dried fruit
- 1 cup 100% juice
- About 32 seedless grapes
- 1 large orange
- 1 small apple
- 8" banana
- 1 medium pear

Have fresh, whole fruit whenever possible.

Late-Night Snacking

Shot: Resist eating after dinner and no later than 3 hours before going to bed — score 2 points a day

To reduce the urge:

- Have a late afternoon snack
- Go for a walk before dinner (this can help reduce your appetite)
- Try to eat with others, at a leisurely pace and not in front of the TV

- Eat a balanced, sit-down meal at dinnertime including protein, whole grains, and plenty of vegetables, with a small serving of fruit for dessert

Late-night snacking is one of the biggest contributors to weight gain and sleep disturbance.

Water

Shot: Drink 5 or more 8-ounce glasses of water — score 1 point a day

- Start the morning off with a tall glass
- Keep a water bottle with you — in the car, at your desk, on your walks, and in your gym bag
- Have a glass of water with every meal and snack
- Drink water before you feel thirsty
- Have water before and after your workout — during, too, if it's hot or dry outside

Adequate hydration is important for regulating body temperature, removing waste, cushioning joints, and protecting tissues/organs.

Caffeine

Shot: Avoid excess or late-day caffeine — score 1 point a day

- No more than 2 servings a day (200-300 mg)
- No caffeine after 3 pm or within 8 hours of going to bed

Too much caffeine or having it late in the day can disturb sleep, cause irritability, and lead to difficulty concentrating.

Weekly Points

Team Meal

Shot: Participate in a team meal — score 3 points once a week

The time you spend together as a team can help you stay motivated, boost self-esteem, and strengthen long-term commitment.

New Produce Choice

Shot: Try a new vegetable or fruit — score 3 points once a week

Avoid getting into a rut with the same foods every day. *5 on 5* awards a 3-point basket once a week for adding a new vegetable or fruit to your meals.

Shopping List/Meal Planning

Shot: Create a healthy shopping list and meal plan — score 3 points once a week

A meal plan/shopping list for the week is one of the best ways to ensure healthy eating patterns. People who decide meals in advance and buy groceries to match tend to eat more produce and whole grains, less fat.

