

Developed to help students discover the connection between their diet and exercise habits and the effect it has on their health and fitness status, this journal allows teens to make healthier daily food choices and record their eating habits. Utilizing the government's new Food Guide Pyramid, they will discover their nutritional needs and categorize their food choices according to the food groups designated by the pyramid. Information on basic fitness and exercise gives students the tools they need to develop their own fitness plans, and exercise habits can be recorded and classified according to exercise type. Filled with weekly motivational quotes and tips, this log book will allow students to focus on setting and achieving fitness goals that will help them qualify for awards in the President's Challenge Award Program.

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