



# BEST JOURNAL EVER!



**My Food and Fitness Diary**



[www.bestbonesforever.gov](http://www.bestbonesforever.gov)  
U.S. Department of Health and  
Human Services  
Office on Women's Health  
Best Bones Forever!  
BodyWorks

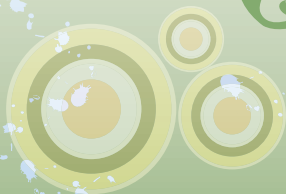
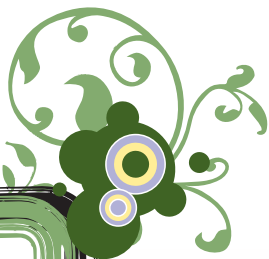


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# Using your journal

Professional athletes, dancers, and girls just like you use journals to keep track of their health goals. You can do the same with the Best Journal Ever!

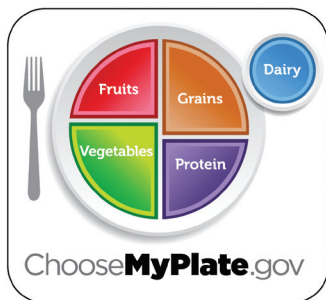
You and your BFF can work together to help each other try new foods and activities. Now's your chance to build healthy habits and grow strong!

- Use this diary to track what you eat, drink, and do every day. After a week or so, you may start to see patterns that you can work to improve—like adding more foods with calcium, choosing more healthy foods, or increasing your physical activity.
- Write down how you're feeling.
- If you're comfortable, share your journal with your best friend! Help her build healthy habits too.
- Review your goals with your parents to plan nutritious meals and physical activities the whole family can enjoy.
- Talk to your doctor to get feedback and advice on what changes you can make to improve your health.
- Plus, don't forget to check out the fun stickers to share with your BFF!



**Grow strong together**  
**...stay strong forever!**

# What's on your plate?



## Food Groups

What girls need every day\*

Dairy/Lácteo (low-fat or fat-free milk, yogurt, cheese, fortified soy beverage)

Ages 9-13: 3 cups  
Ages 14-18: 3 cups

Fruits/Frutas

Ages 9-13: 1½ cups  
Ages 14-18: 2 cups

Vegetables/Verduras

Ages 9-13: 2 cups  
Ages 14-18: 2½ cups

Proteins/Proteínas (lean meats, chicken, turkey, seafood, beans, peas, nuts [peanut butter], eggs, seeds)

Ages 9-13: 5 ounces  
Ages 14-18: 5½ ounces

Grains/Granos (at least 3 ounces should be whole grains like whole wheat bread and tortillas, oatmeal, brown rice)

Ages 9-13: 5 ounces  
Ages 14-18: 6 ounces

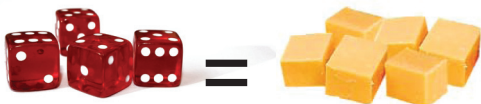
\* The amount of food you need to eat from each food group depends on your age and level of physical activity. Some girls need a little less and some need a little more each day. Check out <http://www.ChooseMyPlate.gov> to learn more.

# How much are you eating?

Use everyday objects to find out

## Cheese:

1 ½ ounces, or the size of 4 dice



## Fruit:

One medium fruit (1 cup) is equal to the size of a baseball



## Vegetables:

½ cup, which looks like a small computer mouse



## Proteins:

2 to 3 ounces is the size of a deck of cards



## Grains:



½ cup, which looks like a tennis ball




# Power up!

These foods have nutrients that help you feel and look your best and grow healthy and strong.

 = Best for Bones

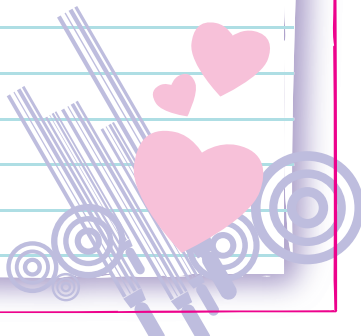
Nutrients	Benefits	Some Food Sources
Vitamin A	Good vision, helps you grow, healthy skin and hair	Fortified cereals, carrots, pumpkin
Vitamin C	Healthy bones, gums, and teeth	Strawberries, grapefruit, oranges, tomatoes, broccoli, sweet potatoes, cauliflower
Vitamin D 	Helps bones use calcium	Canned tuna in oil, salmon, low-fat or fat-free milk, fortified cereal
Calcium 	Strong bones and teeth	Low-fat or fat-free milk, yogurt, or cheese; fortified orange juice, tofu, or soy beverage; bok choy
Iron	Helps red blood cells carry oxygen to the body. Lack of iron can make you feel weak and tired.	Beef, shrimp, clams, spinach
Potassium	Helps muscles work	Baked white or sweet potatoes, spinach, bananas, oranges, orange juice, melons



**List the foods you love here** (as well as some that you would like to try). You may want to share this list with your parents so they can buy them at the store. You can also share this list with your BFF.

**Mis alimentos favoritos:**

*Check out the notes pages for  
tips in English and Spanish!*



# Cool foods with calcium

Remember: You need 1,300 milligrams (mg) of calcium every day.

## Food

Portion

Milligrams

### Milk

Fat free 1 cup 300

Lactose reduced, fat free\* 1 cup 300

1% low fat 1 cup 305

### Yogurt

Plain, fat free 8 ounces 450

Fruit yogurt, low fat 8 ounces 345

Frozen yogurt, vanilla, fat free\*\* ½ cup 100

### Cheese

Pasteurized process American 2 ounces 325

Mozzarella 1.5 ounces 310

Cheddar 1.5 ounces 305

String cheese\* 1 piece 150-200

### Fortified foods

Soy beverage with added calcium\* 1 cup 300

Orange juice with added calcium 1 cup 500

Tofu with added calcium ½ cup 435

Whole-grain cereal with added calcium 1 ounce 250-1,000

Cereal bar with added calcium\* 1 bar 200

Whole-grain bread with added calcium\* 1 slice 100

Whole-grain tortilla with added calcium\*\* 1 tortilla 40

### Vegetables

Collards, cooked from frozen\*\* ½ cup 180





## Food

## Portion

## Milligrams

Spinach, cooked from frozen**	½ cup	145
Kale, cooked from frozen**	½ cup	90
Bok choy ( <i>Chinese cabbage</i> ), cooked from fresh**	½ cup	80
Broccoli, cooked**	1 cup	60
<b>Other foods</b>		
Soybeans, green, cooked**	½ cup	130
White beans, canned**	½ cup	95
Refried beans**	1 cup	85
Almonds, dry roasted**	24 nuts	75



The information in this chart comes from the 2010 Dietary Guidelines for Americans, developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

\* Calcium information comes from manufacturers and can vary.

\*\* Information is from the U.S. Department of Agriculture National Nutrient Database for Standard Reference, Release 23.

¡Delicioso!

## Best tip ever

“I used to get stomachaches if I drank too much milk. We talked to my doctor and came up with a plan. Now I drink lactose-reduced milk and eat low-fat hard cheese and yogurt to get my calcium!”

**Delia, 10**



# Get moving!

You need 60 minutes of physical activity every day to stay healthy and grow strong. Being physically active with your family and friends is fun. Plus, it helps you look and feel your best!

## Try one of these fun activities:

Aerobics

Badminton

Baseball

Basketball

Cheerleading

Dancing

Frisbee

Gymnastics

Hopscotch

Jumping rope

Running

Soccer

Step dancing







Tennis

Walking

Yoga



## Best ways to work it:

-  Play with your friends outside.
-  Go for a hike.
-  Host a jump-roping contest.
-  Take your dog for a walk.
-  Dance to a workout video.
-  Join a team sport at school or in your town.



## Best tip ever

“Since I started seventh grade, it seems like it’s harder than ever to find time to exercise, so I don’t worry about doing it all at once. I split it up by running in the morning and playing with my friends outside after school.”

**Olivia, 12**

Dates: October 5 to October 11

BREAKFAST

Sun: 10/5

waffles with sliced  
bananas on top  
cup of fat-free  
Yogurt  
orange Juice

calcium  vitamin D

Mood sleepy!

Mon: \_\_\_\_\_

calcium  vitamin D

Mood

Tue: \_\_\_\_\_

calcium  vitamin D

Mood

LUNCH

grilled cheese sandwich  
on whole-wheat bread  
baby carrots  
chocolate milk

calcium  vitamin D

Mood bored

calcium  vitamin D

Mood

calcium  vitamin D

Mood

DINNER

whole-wheat quesadilla  
with chicken  
broccoli and cheese

calcium  vitamin D

Mood happy

calcium  vitamin D

Mood

calcium  vitamin D

Mood

SNACK

sliced apples dipped in  
peanut butter

calcium  vitamin D

Mood relaxed and a little sleepy

calcium  vitamin D

Mood

calcium  vitamin D

Mood

EXERCISE

practiced dance  
routine 30

went for a walk 45

total exercise 75 mins

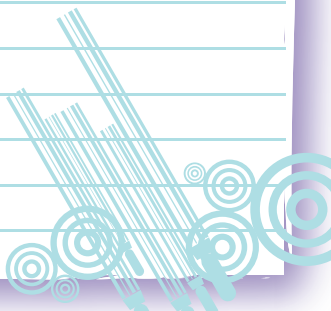
# Best Journal Ever: My Food and Fitness Diary

## notes

To do:

- try out for the basketball team
- make the new smoothie recipe
- ask mom to get more string cheese and bananas from grocery store

**{ Grab a cereal bar with calcium  
and a banana for the road. }**



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

LUNCH

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood


DINNER

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

SNACK

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🍌 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍌 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍌 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍌 vitamin D 💡</p> <p>Mood</p>
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

# notas

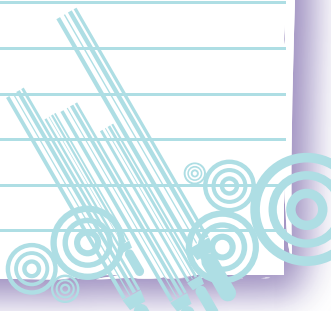
**{ ¡Muévete! }**





notes

{ **Move!** }



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

LUNCH

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood


calcium  vitamin D 

Mood


DINNER

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

SNACK

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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<p>total exercise</p>			

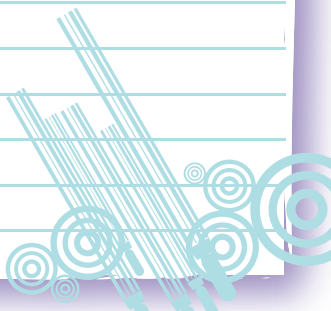
Dates: \_\_\_\_\_ to \_\_\_\_\_

notas



notes

{ *Eat more fruits and veggies.* }



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

LUNCH

calcium  vitamin D 

Mood

calcium  vitamin D 

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calcium  vitamin D 

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DINNER

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calcium  vitamin D 

Mood

SNACK

calcium  vitamin D 

Mood

calcium  vitamin D 

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calcium  vitamin D 

Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

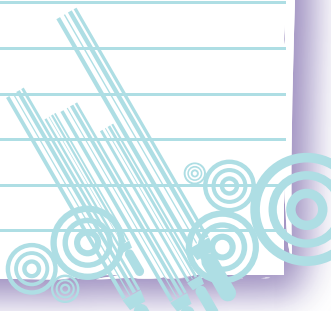
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# notes

***{ Munch on baby carrots, broccoli,  
or green peppers dipped in low-fat  
salad dressing or hummus. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

LUNCH

calcium  vitamin D 

Mood

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calcium  vitamin D 

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DINNER

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Mood

SNACK

calcium  vitamin D 

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calcium  vitamin D 

Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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<p>total exercise</p>			

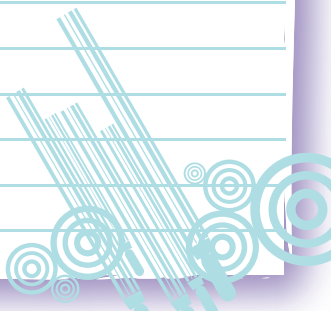
Dates: \_\_\_\_\_ to \_\_\_\_\_

# notas

***{ Take a break from studying and do a  
dance or fitness video like yoga or Zumba. }***



notes



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

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LUNCH

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DINNER

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SNACK

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Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

# notas

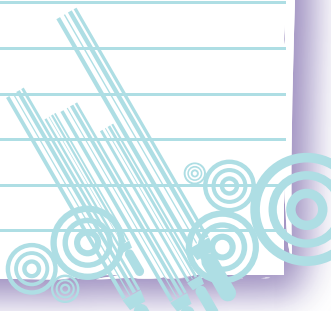
***Beba leche baja en grasa o  
agua en vez de soda.***





# notes

***Choose low-fat milk or water  
to drink instead of soda.***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

calcium  vitamin D 

Mood

LUNCH

calcium  vitamin D 

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Mood


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DINNER

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Mood

SNACK

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



























Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Don't forget to track your mood when you track your meals!

Wed: _____	Thur: _____	Fri: _____	Sat: _____
calcium  vitamin D  Mood	calcium  vitamin D  Mood	calcium  vitamin D  Mood	calcium  vitamin D  Mood
calcium  vitamin D  Mood	calcium  vitamin D  Mood	calcium  vitamin D  Mood	calcium  vitamin D  Mood
calcium  vitamin D  Mood	calcium  vitamin D  Mood	calcium  vitamin D  Mood	calcium  vitamin D  Mood
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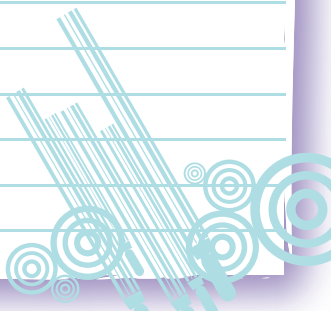
Dates: \_\_\_\_\_ to \_\_\_\_\_

# notas



***{ Fill empty water bottles with sand or grab full soup cans for cheap and easy weights. }***

notes



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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calcium  vitamin D 

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

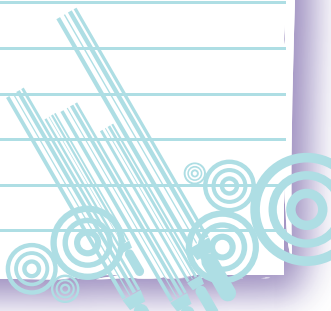
# notas

***{ Make a graham cracker sandwich with  
low-fat or fat-free yogurt and bananas. }***





notes



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>
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<p>total exercise</p>			

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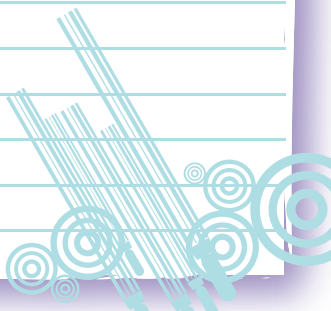
notas

{ ¡Baile! }



notes

***{ Make up a dance to your favorite song  
with your friends! }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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EXERCISE

total exercise

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Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 🍷</p> <p>Mood</p>
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

# notas

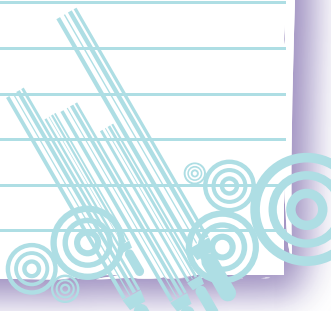
**{ Queso de hebra + una tortilla fortificada  
con calcio + salsa = una merienda rápida  
y deliciosa. }**





notes

**{ Low-fat string cheese + a calcium fortified tortilla + salsa = a quick and delicious snack. }**



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

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EXERCISE

total exercise

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Wed: _____	Thur: _____	Fri: _____	Sat: _____
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<p>total exercise</p>			

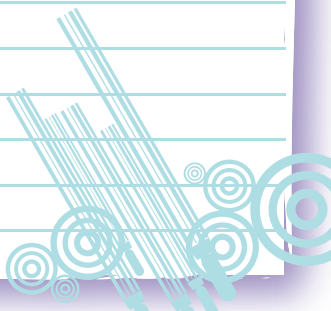
Dates: \_\_\_\_\_ to \_\_\_\_\_

notas



notes

***{ Have a low-fat cheddar cheese  
and broccoli omelette. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

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EXERCISE

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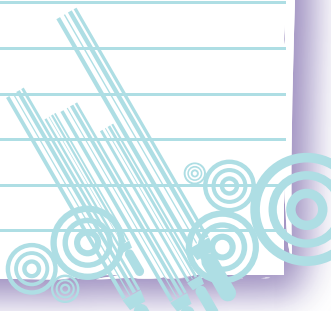
notas





notes

***{ Make a smoothie with low-fat or fat-free milk and yogurt and your favorite fruit. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

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EXERCISE

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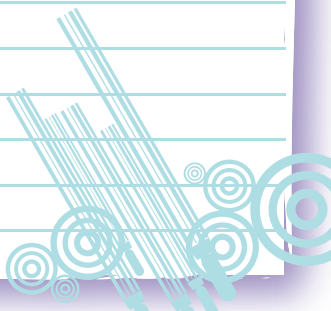
# notas



**{ *Mente sana =  
Cuerpo sano* }**

notes

{ *A healthy mind =  
a healthy body* }



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

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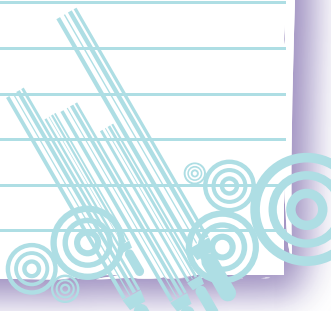
notas





notes

***{ Try a new veggie like broccoli or bell peppers—you might love it! }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

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EXERCISE

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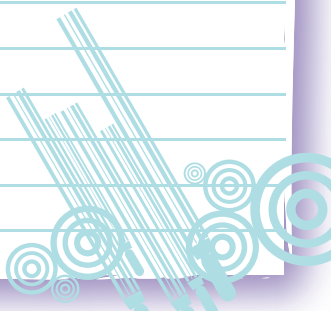
Dates: \_\_\_\_\_ to \_\_\_\_\_

notas

***{ Go grocery shopping with your parents. }***



notes



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST


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EXERCISE

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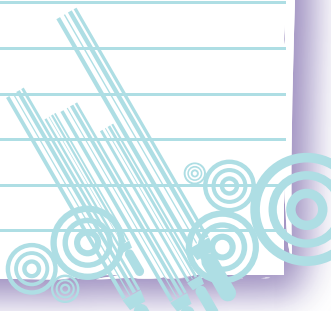
notas





notes

***{ Make a mini pizza with a whole-grain English muffin, tomato sauce, and low-fat mozzarella cheese. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

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Tue: \_\_\_\_\_

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EXERCISE

total exercise

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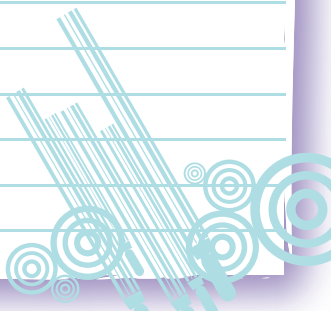
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<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

notas



notes



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

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DINNER

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calcium  vitamin D 

Mood

SNACK

calcium  vitamin D 

Mood

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Mood

EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

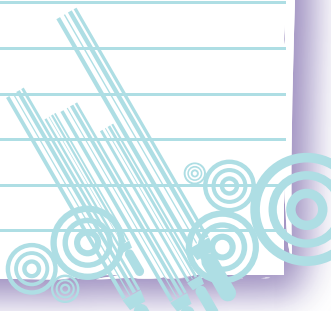
notas





notes

*{ Snack on some almonds or go for a walk with friends. }*



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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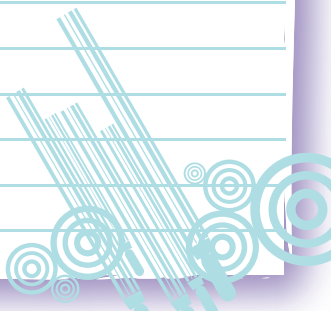
Dates: \_\_\_\_\_ to \_\_\_\_\_

# notas



**{ Get motivated! Create a playlist of  
your favorite “get active” songs. }**

notes



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

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EXERCISE

total exercise

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Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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<p>total exercise</p>			

Dates: \_\_\_\_\_ to \_\_\_\_\_

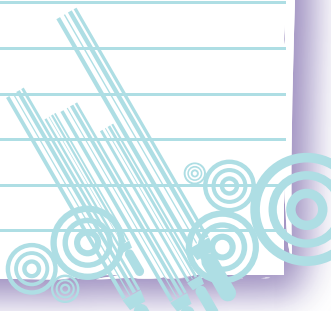
notas





notes

***{ Drink a glass of low-fat chocolate milk.  
(Yep! Chocolate milk has calcium too!) }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

Mood

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>
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<p>total exercise</p>			

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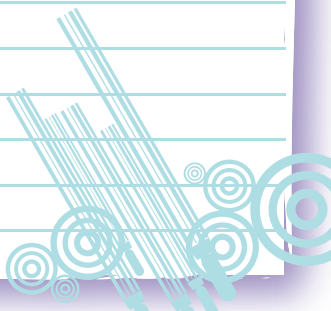
# notas

***Habla con tus padres acerca de los pequeños cambios saludables que pueden hacer en familia.***



notes

***{ Talk to your parents about small, healthy changes you can make as a family. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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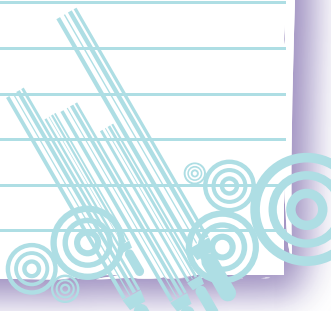
notas





notes

***{ Challenge your mom or dad to  
a game of basketball or tennis. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST


Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>	<p>calcium 🧠 vitamin D 🧠</p> <p>Mood</p>
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<p>total exercise</p>			

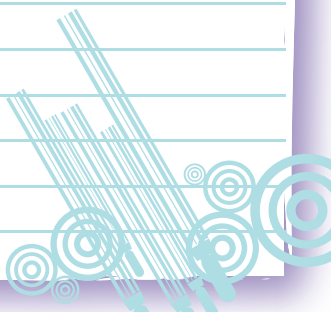
Dates: \_\_\_\_\_ to \_\_\_\_\_

notas



notes

***{ Top whole-wheat waffles with low-fat  
or fat-free yogurt and strawberries. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

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Dates: \_\_\_\_\_ to \_\_\_\_\_

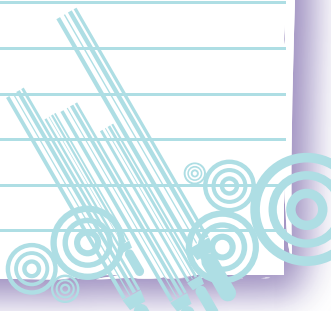
notas





# notes

***{ Set up an obstacle course for your little brother in the backyard...and then race him. }***



Dates: \_\_\_\_\_ to \_\_\_\_\_

BREAKFAST

Sun: \_\_\_\_\_

Mon: \_\_\_\_\_

Tue: \_\_\_\_\_

calcium  vitamin D 

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EXERCISE

total exercise

# Best Journal Ever: My Food and Fitness Diary

Wed: _____	Thur: _____	Fri: _____	Sat: _____
<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>	<p>calcium 🍷 vitamin D 💡</p> <p>Mood</p>
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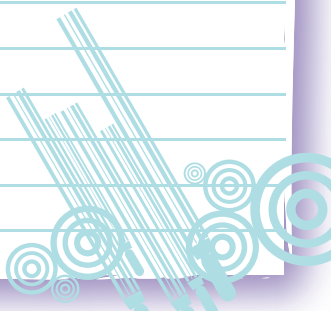
Dates: \_\_\_\_\_ to \_\_\_\_\_

notas



**{ Pick veggie toppings  
for your pizza. }**

notes



# What I like best:

Best color: \_\_\_\_\_

Best song: \_\_\_\_\_

Best band: \_\_\_\_\_

Best movie: \_\_\_\_\_

Best book: \_\_\_\_\_

Best snack: \_\_\_\_\_

Best physical activity: \_\_\_\_\_

Best teacher: \_\_\_\_\_

What I like best about my BFF: \_\_\_\_\_

\_\_\_\_\_

**My goal for healthy eating is:** (To drink less soda, to drink more milk, to eat breakfast every day. Choose one of these or make one of your own!)

\_\_\_\_\_

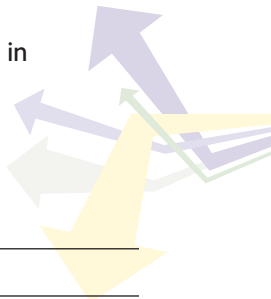
\_\_\_\_\_

**My goal for physical activity is:** (To walk my dog in the morning before school, to walk with my mom after dinner, to make up a dance routine with my friends. Choose one of these or make one of your own!)

\_\_\_\_\_

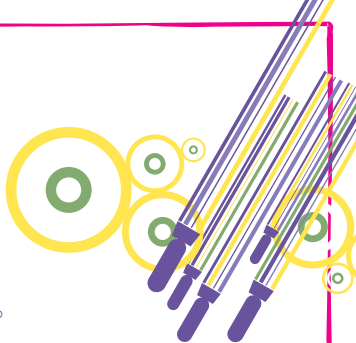
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# Best friends:

Grow strong together,  
stay strong forever 



**¡Creczan fuertes juntas y manténganse fuertes para siempre!**

Fill this page out about your BFF and then check with her to see if your answers are right!

**My BFF is** \_\_\_\_\_

Her best color: \_\_\_\_\_

Her best song: \_\_\_\_\_

Her best band: \_\_\_\_\_

Her best movie: \_\_\_\_\_

Her best book: \_\_\_\_\_

Her best snack: \_\_\_\_\_

Her best physical activity: \_\_\_\_\_

Her best teacher: \_\_\_\_\_





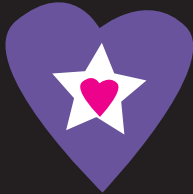
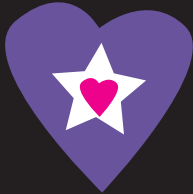
**Best  
tip ever** 

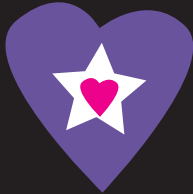
“I used to skip breakfast and felt tired and sluggish until lunchtime! Now I eat a bowl of cereal or drink a smoothie while I’m getting ready. I feel better, and I don’t have to get up earlier to eat breakfast!”

**Shannon, 13**











# Check these out

## ***Best Bones Forever! Campaign***

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## **Be Healthy. Be Happy. Be You. Beautiful.**

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200 Independence Avenue, SW, Room 712E  
Washington, DC 20201  
1-800-994-9662

**Best Bones Forever!** 

**BODAWORKS**  
A Toolkit for Healthy Teens & Strong Families



January 2012