

mcDonald's®  
**MIDDLE SCHOOL CHALLENGE**  
**DAILY FOOD and FITNESS LOG**

Name \_\_\_\_\_

Food Group	Servings / Day						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Grains							
Fruits / Veggies							
Dairy							
Meat							
"Other"							

Things that got in the way of my routine:

Ideas to keep this from happening again:

Activity	Exercise Minutes / Day						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Walking							
Biking							
Baseball							
Softball							
Football							
Swimming							
Soccer							
Kickball							
Jump rope							
Running games							
"Other"							

Notes:

Things that got in the way of my routine:

Ideas to keep this from happening again:

Return completed log to your teacher and receive a coupon for free Apple Dippers and a Medium Power-Ade at your local McDonald's®.