Fitness and Nutrition Log

Are you up for the Challenge?

Wellness Center
Be Broncho Fit!

Congratulations on your commitment to a healthy lifestyle. This Fitness and Nutrition Log is designed to chart your starting point and assist in accurately documenting individual progress. The information is easy to follow and includes a fitness assessment section, goal setting section, tips for identifying motivators and non-motivators as well as a nutrition and daily workout log.

Those desiring a detailed fitness assessment and exercise program or general information concerning a specific component of a current exercise program can contact the Wellness Center at (405) 974-3155. Once again, be active, be fit and continue to make exercise and good nutrition habits a part of a healthy lifestyle.

Johnny Watley

Fitness Coordinator
University of Central Oklahoma
Wellness Center
Fitness Assessment

It helps to know where you stand before you get started. Each individual has different exercise needs. Let our fitness specialists help you to determine what those needs are and how to meet your fitness goals! Tests that will be performed during your session may include:

> Cardiovascular endurance

> Muscular strength and endurance

> Muscular Flexibility

> Body Composition

> Girth measurements

> Resting heart rate

> Blood pressure screening

> Waist to hip ratio

> Body mass index
Use Caution Before Beginning An Exercise Program

Physical activity should not be hazardous to your health: Therefore, it is advisable to consult a physician first. The following questions should be considered:

> Has your doctor ever said that you have heart trouble?

> Do you frequently suffer from chest pain?

> Has your blood pressure ever been diagnosed as high?

> Has your doctor ever told you that you have a bone or joint problem, such as arthritis, that has been or could be aggravated by exercising?

> Are you 55 or over and not accustomed to exercising?

> Are you taking prescription medications, such as those for high blood pressure?

> Is there a good reason, not mentioned here, why you should not follow an activity program?

If you have answered yes to any question, you should consult your physician before beginning an exercise program.
Defining Your Goals

Decide what you want out of a fitness program and set goals. Doing so will keep you on track and help motivate you to achieve the goals that you set.

Make your goals challenging but realistic.

Set specific, not general, goals. Muscular strength, for example, would be too broad. Instead, aim to increase the number of push-ups you can do at once from 10 to 15.

Set goals that you can reach within a time period that is enough to keep you motivated. Rather than setting a goal of losing 35 pounds this year, set a goal to lose 3 pounds this month.
My Personal Goals

My ultimate goal is:

_________________________________________________________________
_________________________________________________________________

The first small goal I want to accomplish is:

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_________________________________________________________________

After that I want to:

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_________________________________________________________________

The next goal I want to accomplish is:

_________________________________________________________________
_________________________________________________________________

My fourth goal is:

_________________________________________________________________
_________________________________________________________________
Motivators & Non-Motivators

Motivators are things that encourage people to exercise. Use these motivators to help you fuel the fire and to continue exercising and sticking to your schedule.

#1 ________________________________________________________
___________________________________________________________
#2 ________________________________________________________
___________________________________________________________
#3 ________________________________________________________
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Non-motivators are what keep us from exercising or eating right. These are things that we need to watch out for and realize what they are.

#1 ________________________________________________________
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#2 ________________________________________________________
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#3 ________________________________________________________
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Listing these positives and negatives may help you to stay focused while you are on your journey to a healthier lifestyle. When you feel like you’re slacking, take a look at your motivators and see if your attitude changes!
Calculate your Intensity of Exercise

220-Age= Maximal Heart Rate
Max Heart Rate x .60 = __________
Max Heart Rate x .80 = __________
Aerobic Training Zone = __________ and __________

Your goal is to maintain your heart rate between these numbers.

To see if your are on target during exercise:
Count the number of pulse beats at your wrist or neck for 6 seconds, then add a “0” to get an estimate of your beats per minute. Compare to your training zone. If your heart beat is faster than the 80%, you’re probably overdoing it-slow down. If you are under the 60%, then you need to increase your intensity.
Rating of Perceived Exertion

What rate should I aim for?
A rate of 12-14 is best. The American College of Sports Medicine recommends exercising for a minimum duration of 20-30 minutes for 3-5 days a week. As your body becomes more fit, you must increase the workload in order to maintain the same RPE.

6 No Exertion
7 Extremely light
8
9 Very Light
10
11 Light
12
13 Somewhat Hard
14
15 Hard
16
17 Very Hard
18
19 Extremely Hard
20 Maximal Exertion
5 Weight Loss Myths

> 1 Lose seven pounds in seven days! - Ideally, you should only reach weight loss of one to two pounds per week.

> 2 Carbs are bad for you - When trying to lose weight, make a distinction between unhealthy carbs such as white sugar, and look to the complex carbs such as veggies and whole grains.

> 3 Don’t eat after 6pm - It’s not when you eat, it’s what you eat. For example, Europeans eat at 10 pm & they’re ½ the size of Americans!

> 4 Lose weight by not eating - Starving your body of nutrients it needs for life can lead to serious illness. Consequently, fat is not lost, you lose muscle mass instead. Even if you do lose weight, it will be regained very quickly.

> 5 You can lose weight by taking a pill - You can’t replace meals and exercise with a vitamin or a diet pill.
Day: __________________________ Date: __________________________
Goal: _______________________________________________________

Nutrition Log

Breakfast

Snack

Lunch

Dinner

How did you do today?
  □ Poor   □ Fair   □ Good   □ Excellent

Notes: _______________________________________________________

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# Nutrition Log

**Breakfast**

**Snack**

**Lunch**

**Dinner**

**How did you do today?**

- [ ] Poor  
- [ ] Fair  
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**Notes:**

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Food Guide Pyramid

Check out www.mypyramid.gov for all kinds of interactive material to help with setting up your new healthy diet lifestyle, or you can ask a fitness specialist how to set up an appointment for a nutrition consultation! We will sit and answer any questions you may have, and give you some informative materials to use! Come and set up an appointment today! Call 974-3155
How To Control Portions At Home & School

Take a standard serving out of the package. Eat any meal or snack off a plate instead of straight out of the box or bag.

Avoid eating in front of the TV or while busy with other activities. Pay attention to what you are eating and fully enjoy the smell and taste of your food.

Eat slowly, so your brain gets the message that your stomach is full.

Have a second serving of vegetables or salads instead of higher-fat, higher-calorie parts of a meal such as meats or desserts.

Try to eat three sensible meals at regular times throughout the day. Skipping meals may lead to eating larger portions of high-calorie, high-fat foods at your next meal or snack. Eating breakfast everyday jump starts your metabolism. Keep snacking to a minimum. Eating too many snacks throughout the day may lead to weight gain.

When you have a treat like chips, cookies, or ice cream, eat only one serving, eat it slowly and enjoy it!
Day: __________________________ Date: ______________________
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### Flexibility

- Stretch
- Yoga
- Pilates
- Meditation
- Tai Chi
Nutrition Log

Breakfast

Snack

Lunch

Dinner

How did you do today?

☐ Poor    ☐ Fair    ☐ Good    ☐ Excellent

Notes: ____________________________________________________________

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“Action must be taken at once! There is no time to be lost.”
- Miguel Hidalgo

“The greater the obstacle, the more glory in achieving it.”
- Moliere

“If anyone else can do it, or make it in life, so can I.”
- Thomas J. Vilord

“Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.”
- Lou Holtz

“Consider the postage stamp; its usefulness consists of sticking to one thing until it gets there.”
- Josh Billings

“Step by step. I can’t think of any other way of accomplishing anything.”
- Michael Jordan
Goodbye Stress

> 1  Be positive

> 2  Laugh

> 3  Let go of the past. Learn not to let the little things bother you!

> 4  Get physical. Exercise is the best policy.

> 5  Order your mind. Write down thoughts that come to your mind.

> 6  Prioritize, what is the most important.

> 7  Sleep. It is important to get regular sleep.

> 8  Learn relaxation techniques. Try meditation, yoga, breathing or muscle relaxation techniques.

> 9  Say no, without feeling guilty. You have to have some “me” time.

> 10  Give yourself a treat. Take yourself shopping, give yourself an extra 10 minutes in the morning relaxing before the day begins. Do something nice for yourself, you deserve it!
Day: __________________________  Date: ______________________

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🔹 Nutrition Log

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Beat the Dropout Odds

**Week two to four: Unrealistic Changes.** Expect some problems “sticking to it” in the coming weeks. Enthusiasm often decreases when pounds don’t drop or muscles don’t develop overnight.

**Your Job:**
Don’t expect immediate drastic changes in your body shape or weight loss. Although many changes are happening internally, most external benefits won’t become visible for a few more weeks. Try adding a second activity to your exercise schedule, or trying a different piece of exercise equipment.
Easy Steps to Improving Your Health

In order to improve health, the American College of Sports Medicine (ACSM) recommends that individuals accumulate 30 min. of modest physical activity over the course of most days of the week. ACCUMULATE is the word to focus on. This means that you can break up your activity sessions into smaller portions throughout the day!

Inactive Person:

> Drives around for 10 min. looking for a good parking spot
> Pays to have their lawn mowed
> Watches TV with their kids

Active Person:

> Parks 1st available parking space. 5 Min
> Mows the lawn his/her self (not riding mower) 20-60Min
> Takes children to the park and play 20-60Min
> There are many other ways to incorporate activity into your lifestyle. Come speak with a Fitness Specialist to learn more!
Day: __________________________ Date: ______________________

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<th>Reps</th>
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- Stretch
- Yoga
- Pilates
- Meditation
- Tai Chi

## Flexibility

- Stretch
- Yoga
- Pilates
- Meditation
- Tai Chi
Day: __________________________ Date: ______________________
Goal: _____________________________________________________

Nutrition Log

Breakfast

Snack

Lunch

Dinner

How did you do today?

☐ Poor  ☐ Fair  ☐ Good  ☐ Excellent

Notes: ____________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________
## Cardio

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<tr>
<th>Frequency</th>
<th>Intensity</th>
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## Strength Training

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- Stretch
- Yoga
- Pilates
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- Tai Chi

## Flexibility

- Stretch
- Yoga
- Pilates
- Meditation
- Tai Chi
Congratulations!

You have finished The Broncho Fit Challenge! Way to go! What goals have you achieved? What things do you need to continue to work towards? Now it’s time to reward yourself for a great job, you deserve it!

So what next? Keep going of course! Pick up another log, get an assessment or have a consult to re-evaluate your goals based on your accomplishments.

Remember:

“Perseverance is not a long race; it is many short races one after another.” - W. Elliot

Wellness Center
Johnny Watley
Fitness Coordinator
974-3155
jwatley@uco.edu
The mission of UCO Healthy Campus is to promote a campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the University of Central Oklahoma community.

UCO Healthy Campus accomplishes its mission by:

> Assessing the health status and needs of the campus community

> Developing and supporting health policies on campus

> Making recommendations about campus health priorities

> Raising awareness and accessibility of health services

> Supporting UCO departments and student organizations that already address important health issues on campus

For more information about UCO Healthy Campus contact Danielle Dill (405) 974-3140 or visit our website at www.uco-healthycampus.com