

FUEL YOUR GAME DAY - EVERY DAY IS GAME DAY



ACTIVITY: DESIGN YOUR OWN GAME PLAN

OVERVIEW

In this activity, you will create a Game Plan notebook which you will use throughout the school year for meal and activity planning, journaling, and reflecting on what you learn as you go!

TIME

45 minutes

MATERIALS

In addition to common classroom materials and an Internet connection, you will need:

- A full, lined notebook
- Writing tools
- Markers
- Ruler for drawing straight lines

INTRODUCTION

Coaches and players always go into a game with a game plan.

Before any players hit the field, they all know what their goals are for the game and how they plan to achieve them.

Mindful eating and moving is a lot like preparing for a game.

By planning the four quarters of your day—

→ **FIRST QUARTER:** Breakfast

→ **SECOND QUARTER:** School Day

→ **THIRD QUARTER:** After School

→ **FOURTH QUARTER:** Family Time

—you'll be fueled for whatever the day brings you! Let's get started!

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ACTIVITY STEPS

STEP 1

Select a notebook. It should be lined for writing and have enough pages to last you through the school year. You'll be writing in your journal throughout the year, so make sure it's durable.

STEP 2

Make your Game Plan notebook your own. Be creative with the title and the cover by showing some of your favorite physical activities and nutritious foods.

STEP 3

You'll be using your Game Plan notebook to plan what you eat and how you'll stay active at four times, or quarters, of the day. You'll need to create a template in the pages of your notebook so that you have a space to plan out your game plan for eating and staying active. Below is a suggested template layout, or, you can design your own template using the below suggestion as a guide!

STEP 4

After you've decided on a design for your template, using your ruler and markers, add the template to the pages of your Game Plan notebook. Leave several pages blank after each template so that you'll have room for journaling and reflection on other nutrition and activities ideas throughout these lessons.

TAKE IT FURTHER:

**GET MOVING WITH THE FUEL UP TO PLAY 60
GO NOODLE GAME, COACH TERRY'S TOUCHDOWN!**

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EXAMPLE OF A GAME PLAN NOTEBOOK

NAME: _____ DATE: _____

QUARTER	WHAT I PLAN TO EAT	WHAT I PLAN TO DO
Breakfast	Oatmeal, Banana, Yogurt Smoothie	Walk to school
School Day	School Lunch: Chicken Caesar Salad, Parmesan Cheese, Croutons, Roll, Pineapple, Sliced Zucchini, Milk	Play kickball
After School	Yogurt, crackers	Walk home from school and ride a bike
Family Time	Spaghetti and Meatballs, tomato sauce, mozzarella cheese, steamed spinach, milk	Help out in the yard

THINGS I NOTICED TODAY ABOUT EATING AND MOVING

Today I felt less hungry than I did yesterday when I didn't eat breakfast. I had a lot more energy right before lunch and I didn't get sleepy.

JOURNAL PROMPTS

Prompt #1
Response:

Prompt #2
Response:

Follow this model, or design your own!

END OF ACTIVITY

