



Road Runner Akron Marathon Kids Fun Run Activity Log



Date	Eat Well		Activity
	5-a-day # servings fruits & veggies	Whole Grains # servings	Darken a circle for each minute of vigorous activity you do a day. It can be running, walking, cycling, jumping, games or sports.
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Activity Goal: To accumulate at least 26 minutes of activity a day (representing the 26.2 miles distance of the marathon).

Eat Well Goals: To have the energy and nutrients needed to fuel our bodies for activity and stay healthy it is important to eat fruit, vegetables, and 100% whole grains. Use the activity log to track these goals to better eating.

Fruits and Vegetables – Eat at least 5 servings of fruits and vegetables a day for better health. Darken a circle for each serving of fruit or vegetable you eat. A serving is a medium piece of fruit, a half cup of cooked vegetables, a cup of raw leafy vegetable, a half cup of fresh, frozen, or canned fruit, and 6 ounces of fruit juice.

Whole grains – Eat at least 3 servings of 100% whole grains a day. They are rich in fiber and nutrients that help your body work best. Darken a circle for each serving you eat. A serving is a slice of whole wheat bread, 1 ounce of dry cereal, a half-cup of cooked brown rice, whole grain pasta, or cereal. Look for 100% whole grain on the label and in the list of ingredients.