**SKILLS FOR HEALTHY LIVING- MICHIGAN MODEL FOR HEALTH®**

The time you report teaching nutrition and promoting physical activity on this log is matched by funds that bring all parts of the SNAPPING UP program to your students and school.

Use Pen or Pencil

Mark like this: 

Not like this: 

**A.** This month, did you complete any Nutrition and Physical Activity lessons?

 Yes No

 If yes, how many times for each lesson:

 1. Locate Resources to Answer Nutrition and Physical Activity

 Questions………………………………… 1 time 2 times 3 times 4 times

 2. Collaborate to Apply Nutrition and Physical Activity

 Concepts…………………………………. 1 time 2 times 3 times 4 times

 3. Food Labeling…………………………………… 1 time 2 times 3 times 4 times

 4. Dietary Guidelines…………………………… 1 time 2 times 3 times 4 times

 5. Healthy Eating and Fast Food

 Restaurants…………………………….. 1 time 2 times 3 times 4 times

 6. Guidelines for Physical Activity………… 1 time 2 times 3 times 4 times

 7. Reducing Barriers to Physical Activity 1 time 2 times 3 times 4 times

 8. It’s All in the Balance……………………….. 1 time 2 times 3 times 4 times

 9. Nutrition and Physical Activity Goals

 And Decisions…………………………. 1 time 2 times 3 times 4 times

 10. Advocating for Nutrition and

Physical Activity………………………. 1 time 2 times 3 times 4 times

**B.** Did a Nutrition Educator visit your classroom this month? YES NO

**Enter Date for This Log**

 / /

Name of Teacher (Printed) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_
 Administrator’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

**Only the lessons listed here are approved for use in SNAPPING UP, a SNAP-ED project of the Michigan Nutrition Network.** You are welcome and encouraged to us all the Michigan Model lessons outside of SNAP-ED programming.

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