**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.

This material was funded in part by the State of Michigan with federal funds from the USDA’s Supplemental Nutrition Assistance Program (SNAP) by way of Michigan Nutrition Network at the Michigan Fitness Foundation. This work is supported in part by the Michigan Department of Human Services, under contract number ADMIN# 13-99011. In Accordance with Federal Law and USDA Policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, marital status, familial status, parental status, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue S.W., Washington, D.C. 20250-9410 or call (866) 632-9992 (voice) or (800) 877-8339 (Local or Federal Relay) or (866) 377-8642 (Relay Voice Users). USDA is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the toll free Michigan Food Assistance Program Hotline at (855) ASK-MICH.