**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. Figuring Out the Nutrition Rumor Mill 1 time 2 times 3 times 4 times

 2. Learning More From MyPlate……………. 1 time 2 times 3 times 4 times

 3. Using MyPlate to Improve Habits………. 1 time 2 times 3 times 4 times

 4. Finding the Right Activities for Me…….. 1 time 2 times 3 times 4 times

 5. Healthy Body Image and Weight……….. 1 time 2 times 3 times 4 times

 6. Finding Power Calories…………….……….. 1 time 2 times 3 times 4 times

 7. Packages Can Trick Us……………………..… 1 time 2 times 3 times 4 times

 8. Can Fast Foods Be Healthy?………………. 1 time 2 times 3 times 4 times

 9. Healthy Cafeteria Food………………………. 1 time 2 times 3 times 4 times

 10. Persuasion and Refusal……………..…….. 1 time 2 times 3 times 4 times

 11. Moving Forward Toward Healthy…….. 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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