

Girl Pages

Reproducible Worksheets

These are designed to be used to supplement the Girl Pages and the lesson plans in the Teacher's Guide. They can be printed as color or black and white copies for use in the classroom.

active. strong. healthy. energized.

Section 1: Intro to New Moves: Finding the balance

Be Fabulous: It's all about me

Be Fueled: Getting started with nutrition

Section 2: Elements of good health

Be Fabulous: Choose your adventure

Be Fueled: Aaahhh, refreshing water

Section 3: Back to the basics

Be Fit: Body basics: move it and groove it

Be Fabulous: Setting goals that last

Be Fueled: Breakfast basics

Section 4: Making it fit for you

Be Fabulous: Day in the life

Be Fueled: Fruit and veggie explosion

Section 5: Small steps for big changes

Be Fueled: Good for you snacks

Section 6: Balanced for life

Be Fabulous: Stress-less

Be Fueled: Let's do lunch

Section 7: Real solutions for real life

Be Fueled: Fast food facts

Section 8: Putting it all together

Be Fit: Fit and fabulous forever

Be Fabulous: Wrapping it up

Be Fueled: Planning for the future

be fabulous it's all about me 1

It's important for you to feel comfortable with your classmates. Part of that is getting to know each other. Within your small group, find 5 things that you all have in common. In New Moves we can celebrate our differences and connect through our similarities!

names of your group members:

5 things you have in common

1. _____

2. _____

3. _____

4. _____

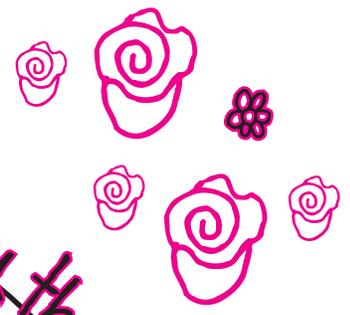
5. _____

be fabulous it's all about me

1

New Moves is YOUR class, so we don't need a list of "no's" or a list of rules on how to act. What does this group need to feel safe with one another? What do you need in the class to help you grow and learn?

Fill the circle with guidelines chosen by the class.



be fueled

1

Getting started with nutrition

Healthy eating will help you look and feel your best now and in the future. It can also help reduce your risk for health problems and diseases such as obesity, eating disorders, diabetes, osteoporosis, and heart disease.

helps you look and feel great.

helps keep you at a healthy weight, without dieting.

improves your mood.

helps you concentrate.

Healthy eating...

means no more dieting.

helps you feel more energetic.

Why is healthy eating important to YOU?

1. _____
2. _____
3. _____
4. _____
5. _____

...is key to taking care of your body!

be fabulous

choose your adventure

Day of the week	Goal	Actual steps	What made it hard?	How did you increase your steps?



"I take 500 step study breaks every 45 minutes. By the end of a busy night, I have gotten more done than I would without breaks and have taken a bunch of steps!" Tasha, 16

"I walk while I am on the phone. I usually get 1,000 steps while talking!" Shay, 17



"I walk to school rather than catching a ride on the bus. It all adds up to 2200 extra steps a day!" Jen, 16

"I meet my friends for a walk after school. It's free, fun, and I feel better than when I used to sit around and eat chips after school!" Marissa, 15

be fueled

aaahhh...refreshing water

By now you know the importance of getting enough liquids. But what's the problem with soda? Before you reach for one, check out the following activity. How much sugar is in there? (see page 52 for why it matters!)

Using the Food Label, find the grams of sugar in each pop and count the number of cubes it takes to match.

1 sugar cube = 4 grams of sugar

Can

Size (ounces) = _____

Grams of sugar = _____

Number of sugar cubes _____



Bottle

Size (ounces) = _____

Grams of sugar = _____

Number of sugar cubes _____

Fountain drink

Size (ounces) = _____

Grams of sugar = _____

Number of sugar cubes _____



be fueled

aaahhh...refreshing water

Kool-Aid

Size (ounces)= _____

Grams of sugar= _____

Number of sugar cubes _____



Vitamin Water

Size (ounces)= _____

Grams of sugar= _____

Number of sugar cubes _____

Sports Drink

Size (ounces)= _____

Grams of sugar= _____

Number of sugar cubes _____



Your favorite drink

Size (ounces)= _____

Grams of sugar= _____

Number of sugar cubes _____

Make your own fitness plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength 2-3 days							
Aerobic (cardio) 3-6 days							
Add it up							

Remember to stretch after your workouts!



be fabulous



3

setting goals that last

In the last section, you learned about setting SMART goals. Now it's time to think about what kinds of goals YOU are interested in achieving. The following are New Moves goals that you may want to try, or you can add your own ideas on how to get healthier. Check all the boxes next to goals you could see yourself working **towards** in the upcoming month.

- Eat breakfast everyday
- Limit TV watching to an hour or less a day
- Avoid diets and meal skipping
- Choose fruits and vegetables for snacks, at least 5 a day
- Focus on your positive traits
- Pay attention to portion sizes and your body's signs of hunger and fullness
- Choose water to drink instead of pop or other sugary drinks
- Move your body for at least an hour a day
- Your idea _____

Changes start with small steps!

What makes it hard for teens to be healthy?

What things get in the way of meeting your goals to be healthier?

What could you do to overcome these barriers?

real life challenges



Now it's your turn. Based on a goal you are interested in working on, answer the following questions. Think of something that you are willing to work on in the next month or so.

Action Planning Worksheet

Name:

Date:

1. What is the change I want to make?

2. What are my main reasons for making this change?

3. What do I want to accomplish with this change?

4. How do I plan to make this change?

5. What strategies or tools do I plan on using?

6. What plans do I have in difficult times?

7. How can others in my life help me?

8. How will I monitor my progress?

9. How will I reward myself?

10. On a scale from 1-10, how confident am I that I can accomplish my plan?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all confident

very confident

11. What kind of timeline am I considering?

be fabulous setting goals that last ³

Be heard! Fill in this worksheet based on your answers from the previous page. Read aloud to your partner or group.

My goal
setting statement.

I am going to work on (#1 goal) _____

My plan is to (#4 plan) _____

I will deal with (#6 challenges) _____

by (#5 strategies) _____

I will check in with my goal (#11 timeline) _____

Signature

Date

be fueled breakfast basics

3

For busy mornings, one easy thing to grab is a breakfast bar. We've picked out a few that will give you the energy you need without too much fat or sugar.

Activity:

Write the name of the breakfast bar in the first column, and color the face that most describes how you liked it. Pair the ones you like with a piece of fruit for a quick and healthy breakfast. Eating breakfast can be easy and tasty!

Breakfast Bar	I think it is...	I would eat it with...
Nutri-grain bar	  	A banana or pear
	  	
	  	
	  	



and the winner is...

My favorite bar and fruit: _____

be fueled breakfast basics

3

Breakfast Bar	Serving Size	Sugar (grams)	Fiber (grams)	I think it is...

I will eat breakfast _____ days per week over the next week. My breakfast options include:

Breakfast #1 _____

Breakfast #2 _____

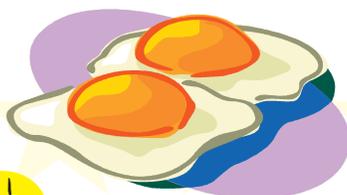
Breakfast #3 _____

Breakfast #4 _____

Breakfast #5 _____

Breakfast #6 _____

Breakfast #7 _____



be fabulous

a day in the life

4

Now it's your turn. Fill in your schedule key by making each category a different color. Pick a weekday and weekend day and record your life.

Time	Weekday _____	Weekend _____
5 AM		
6 AM		
7 AM		
8 AM		
9 AM		
10 AM		
11 AM		
12 PM		
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		
6 PM		
7 PM		
8 PM		
9 PM		
10 PM		
11 PM		
12 AM		
1 AM		
2 AM		
3 AM		
4 AM		

schedule key

- Not negotiable
- Somewhat flexible
- Free time

be fueled

4

fruit and veggie explosion

Nine servings of fruits and vegetables may seem like a lot but it can be done if you include fruits and vegetables in your meals and snacks. Most of what you should eat are whole fruits and vegetables (they are full of fiber), but 100% fruit or vegetable juices are also an option.

breakfast

lunch

dinner

snacks

How can you get 5-9 servings of fruits and vegetables a day?
(A serving is about a half of a cup)

be fueled

good for you snacks

5

Right Choice for You

Being out and about can make it hard to find healthy snack choices, but it can be done! Besides baked chips, there are choices like whole wheat crackers, milk (low-fat or skim), 100% juice, low-fat yogurt, fresh fruit, raw vegetables, and bottled water.

The Choice is Yours! Activity

You don't have to give up your favorite snacks in order to be healthy! Like chips? Let's take a look at how you can fit them into your healthy lifestyle.

Let's do a quick comparison:

Small bag of baked chips:	Small bag of regular chips:
Total calories per bag:	Total calories per bag:
Minutes of walking to burn the calories:	Minutes of walking to burn the calories:

100 calories = 20 minutes of brisk walking

FYI: A 150 pound person would burn approximately 100 calories walking for 20 minutes at 3.5 miles per hour. The actual amount of calories burned depends on your fitness level, body weight, type of terrain, and how fast you walk.

Now let's look at the serving sizes because sometimes it's easy to eat more when you are eating out of a larger bag.

Servings in a small bag _____

Servings in a medium bag _____



be fabulous

stress less

6

We all have stress, and we all have made our lives more stressful by dealing with stress in the moment. The key to reducing stress is to recognize your patterns for what stresses you and how you react to it, and think of different ways to react. Below is an example of a stressful situation and how someone dealt with it, as well as their idea for change. In the spaces below, fill in your own situations from the recent past, and how you can react next time.

Situation	Stress Scale (1 (low)- 10 (high) and emotions)	I responded by	Next time I will try to
<i>My friends went out last night without asking me and I feel totally left out.</i>	<i>8 Mad, hurt, and betrayed.</i>	<i>I sat at home, watched TV, and ate my heart out.</i>	<i>Go for a walk, talk to my mom, or listen to my favorite music.</i>

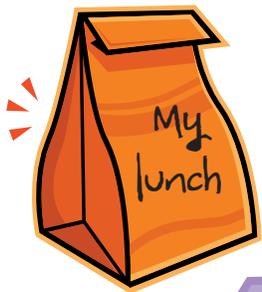
Plan your strategies and stick with them!
Keep stress from spiraling out of control!

be fueled

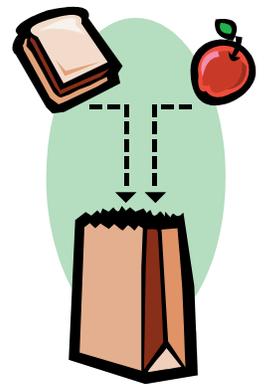
let's do lunch

6

Busy days can be stressful, but missing lunch only makes things worse. Bringing your own lunch can help you feel better and save money! When you pack your own lunch, you will have foods you like, avoid the lunch line, and ensure that you fuel yourself for the rest of the afternoon. You can pack a variety of things so that every day is different. Check out the Girl Pages, session 6 for ideas on putting together a lunch worth eating!



What would you have?



Your lunch idea

be fueled

let's do lunch

6

I will eat lunch _____ days per week over the next week.
My lunch options include:

Lunch #1



Lunch #2



Lunch #3



Lunch #4



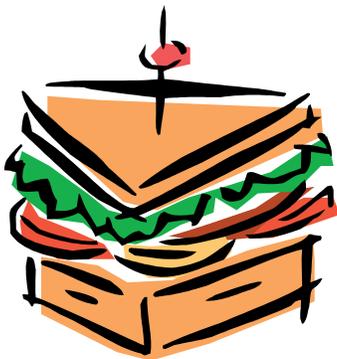
Lunch #5



Lunch #6



Lunch #7



"May I take your order?"

Your ideas for making your fast food healthier.

Original Menu Item	Using the menu, select new foods or modify items to make it a healthier choice.	Ideas for how to increase fruits and vegetables or the change or removal of a condiment.
Burrito with cheese and sour cream.	Chicken tacos OR Bean burrito with half the cheese	Peppers, onions, and salsa instead of sour cream and cheese.

Portion sizes of foods have been increasing so that we are being served and eating way more than our bodies need. For example, the average hamburger in the 1950's was just 1.5 ounces, compared to big versions weighing in at 8 ounces today.

That's 500 calories more for just one item!



1950's



Today.

Where am I now?

In "be fabulous" you have learned how to deal with stress, manage your time, improve your body image, increase your goal setting skills, and much more! Specifically, how do you feel about all you've learned?

Complete the following:

I feel I have improved _____
in my life by _____.

I would like to work more on _____
and will do so by _____.

I feel most confident in myself when _____.

I think my strengths are _____.

I am phenomenal because _____.

be fit fit and fabulous forever!

8

My physical activity:

Six months ago:

Today:

Six months from now I see myself:

My steps to get there:

What I have learned about myself:

My favorite physical activity:

An activity I would like to try:

The benefits I have experienced being physically active:

My biggest challenge to staying physically active:

My strategies to overcome this challenge:

My reward(s):

My favorite part of being physically active:

My plan for staying active:

My support system for being active:

On a scale from 1-10, put a star where you were when you started New Moves, and circle where you feel you are today.

1 2 3 4 5 6 7 8 9 10

(1=inactive most of the time, 10=very active)

"There are no shortcuts to any place worth going." - Beverly Sills

be fueled

planning for the future

8

New Moves participants have made many changes in their eating habits to help them meet their goals. What changes have you made? Use the list below to check off things you already are doing, and things you plan to do more with in the future. Feel free to check both boxes if you wish!

Do
now

Plan to
do more

Eat more fruits and vegetables

Start each day with a serving of fruit.

Snack on fruits and vegetables throughout the day.

Make fruits and vegetables a part of each meal.

Opt for frozen or canned fruits and vegetables when fresh isn't available.

Do
now

Plan to
do more

Drink more water

Drink non-calorie beverages such as water instead of pop and other sweetened drinks.

Carry a sport bottle filled with water.

Choose ice water when out to eat.

Switch to diet pop or low calorie fruit drinks.

Choose nonfat or lowfat milk.

be fueled

planning for the future

8

Do
now

Plan to
do more

Eat breakfast regularly

Get up a few minutes earlier to eat breakfast.

Set out a bowl and spoon the night before or pack something to grab and go in the morning.

Try something new for breakfast.

Drink a glass of water or orange juice if I'm not hungry and pack a mid morning snack.

Do
now

Plan to
do more

Healthy eating

Pay attention to portion sizes.

Eat for healthy weight management.

Pay attention to my hunger cues.

Stop when I am full.

Not eat when I am stressed.

Avoid dieting.

Monitor my progress.

be fueled

planning for the future

8

1

Identify the benefits

Thinking back to the reasons you made the changes in the first place may help you stay motivated and on track.

Take a few minutes and think about the reasons why you chose to make changes in your eating or physical activity habits.

Try to remember these benefits when you feel your motivation is decreasing. (Tracking your progress helps you do this!)

List _____

What are the benefits of making these changes? For example, more energy, maintaining your weight, improved mood?

2

Create supportive surroundings

Think about three areas of your life: the things around you, people around you, and your own thoughts and self-talk. These areas can either make it easier or harder for you to maintain your changes.

Try to seek out and surround yourself with positive influences in your life—the people and things that provide you with support!

List _____

Where do you get your support to make or maintain healthy choices? Who supports you?

be fueled

planning for the future

8

3 Recognize your success

Recognize what you have accomplished and think about your progress. Be sure to give yourself credit for all your changes.

Where were you as far as healthy eating and physical activity when you began New Moves? Were you dieting, eating lots of junk food, watching a lot of TV?

List _____

Where are you now? Are you eating breakfast regularly, avoiding dieting, and getting exercise regularly?

List _____

before

today

4 Reward yourself

Remember to reward yourself for your progress. This is a step that is often forgotten when you are trying to stay motivated and on track with your goals. Identify some ways to reward yourself, such as going to a movie or buying something for yourself like new music, a new pair of shoes, or a sports bra. Think creatively about what you want and reward yourself for your hard work!

What are your rewards going to be?

List _____

you deserve it!



be fueled

planning for the future

8

Steps to maintain your motivation



1. Identify the benefits 



2. Create supportive surroundings
(people, places, and thoughts)

3. Recognize your success



4. Reward yourself

Which of the strategies listed above do you think would help motivate you to stay on track and maintain your healthful eating and regular exercise?

List 2 of your own strategies to try over the next few weeks.

1. _____

2. _____

New Moves for a new
you. It's a new way of thinking, of making
healthy choices for yourself and for **your body**,
and of feeling proud of **who you are** and the choices
you make.

Self-monitoring: It really is all about you!

On the next pages, there are four examples of self-monitoring tools that can help you track and meet your goals. Blank versions of these are available from your New Moves coach, all you need to do is ask!

Meg

Date MAY 21, 2007

Fruits and Vegetables - Aim for checking off 5 to 9 each day.


Water/Sugar-free Drinks - Aim for checking off 8 each day.


Meals - Aim for checking off all three meals each day.


Activity - Check one off for each 15 minutes of activity. Aim for checking off at least four (1 hour) each day.


How much TV did I watch today? 2 (hours)

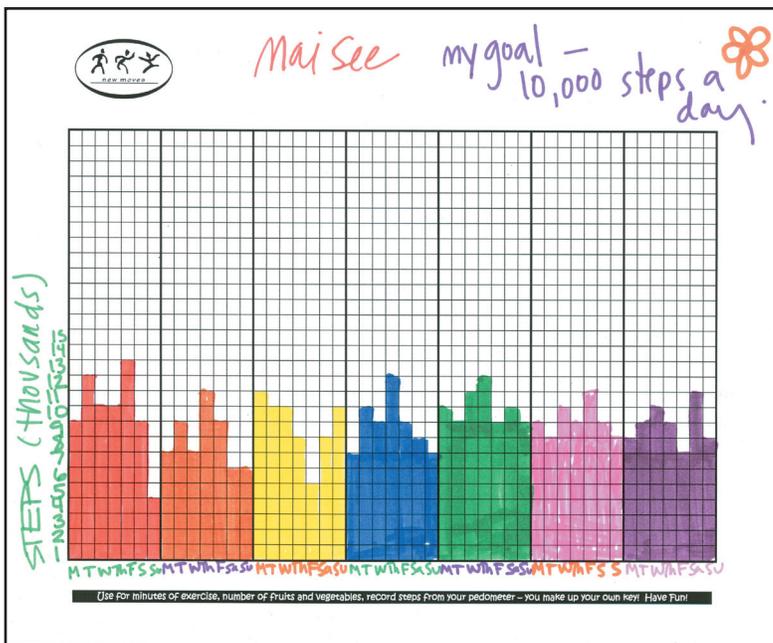
How much time did I use the computer today? 1 (hours)

Other Thoughts
My favorite shows are on Thursday nights... (on treadmill for 45 minutes of show)

May 2007 *Robin*

Goal: Do some sort of physical activity 5 days a week.

Day	Activity	Duration
Sunday		
Monday	strength training @ home	20 min
Tuesday	tennis with jenny	45 min
Wednesday	walked to work	20 min
Thursday	rollerblade	40 min
Friday	walked dog	35 min.
Saturday	volleyball at a picnic	1 hour
Sunday	walked & jogged w/ dog	40 min
Monday	stretch	10 min
Tuesday	tennis	45 min
Wednesday	walked to work	20 min
Thursday	TENNIS	60 min
Friday	biked to school (no ride!)	20 min
Saturday	walked at lake with jenny	45 min
Sunday	danced at party	60 min
Monday	rollerblade	50 min
Tuesday	biked to school	20 min
Wednesday	walked to work	20 min
Thursday	weight room w/ jenny	25 min
Friday	walked/jogged with dog	35 min
Saturday	rented kayaks	1 hr
Sunday	badminton at picnic	35 min
Monday	Kickboox DVD	40 min
Tuesday	walked to work	20 min
Wednesday	walked to school	20 min
Thursday	Yoga class	60 min
Friday	did it!	😊



Amanda

Time	Weekday	Weekend
6 AM	WAKE UP!	
7 AM		
8 AM		
9 AM		
10 AM	SCHOOL	
11 AM		
12 PM		
1 PM		
2 PM		
3 PM	BABYSIT MY BROTHER	
4 PM		
5 PM		
6 PM	DINNER	WORK at Mall
7 PM		
8 PM	PHONE CALLS	
9 PM	HOMEWORK	
10 PM	TV or CHAT	
11 PM	SLEEP!	

Schedule Key

- Not Negotiable
- Somewhat Flexible
- Free time

Plan:

- Walk around the mall during my entire break (15min)
- Spend at least 1 hour of my free time on the weekends doing something active.
- Take a walk with my brother after school.

Use to plan free time or when you are busy. Find ways to make it more active - you make up your own key! Have Fun!

Date _____

Fruits and Vegetables – Aim to check off 5 to 9 each day.



Water or sugar free drinks – Aim for checking off 8 each day.



Meals – Aim for three meals each day.



Activity – Each shoe represents 15 minutes. Aim to check off at least four (1 hour) each day.



How much TV did I watch today? _____ (hours) Aim to limit to 1 hour or less.



How much time did I use the computer today? _____ (hours)





Time	Weekday	Weekend
6 AM		
7 AM		
8 AM		
9 AM		
10 AM		
11 AM		
12 PM		
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		
6 PM		
7 PM		
8 PM		
9 PM		
10 PM		
11 PM		

Schedule Key

Not negotiable

Somewhat flexible

Free time

Use to plan free time or when you are busy. Try to find ways to make each day more active! Make up your own key. Have fun!

Month:

Goal:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Fill in the dates and label each month to make your own custom calendar!



Name:

Date:

Action Planning Worksheet

What is the change I plan to make? Where do I want to be? What kind of timeline am I considering?

What are my main reasons for making this change?

Why is this change important to me?

What do I plan to accomplish with this change?

How do I plan to make this change? What strategies, tips, etc. do I plan to see?

What plans do I have in difficult times?

How can others in my life help me?

How will I monitor my progress?

How will I reward myself?

On a scale of 1-10, how confident am I that I can accomplish my plan?

1	2	3	4	5	6	7	8	9	10
----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

Not at
all confident

Totally
Confident

New Moves

Where Are You Now?

Instructions: Use the scales to fill in the blanks.

1. Overall, how would you rate your progress since the New Moves class ended? _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I didn't do well at all

I did great!

What went well these past few weeks?

What didn't go so well?

2. How motivated am I to:

exercise more? _____

make healthy choices? _____

journal? _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all motivated

totally motivated

3. How important is it right now to for me to:

exercise more? _____

make healthy choices? _____

journal? _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all important

totally important

4. Should I choose to do this, how confident am I that I can:

exercise more? _____

make healthy choices? _____

journal more? _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all confident

totally confident

New Moves goals: How am I doing?

Choose fruits and veggies for snacks— at least 5 fruits and veggies a day.

Choose water instead of sweetened beverages like soda

Avoid diets and unhealthy weight control practices

Focus on your positive traits

Be active everyday— aim for 1 hour each day.

Reduce "screen time" (ideally to an hour or less a day)

Eat breakfast every day.

Pay attention to portion sizes and your body's signs of hunger and fullness