



activ8tion
FITNESS | HEALTH | WELL-BEING

Passport ©

**To inspire and motivate our
future generations by activ8ting
their inner greatness**

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WELCOME

First of all, we would like to say well done for taking this first step to improving your lifestyle.

Throughout this passport you will be taken on a journey to explore the benefits of being active, understanding how the body works, eating a balanced diet, how you can positively adjust your lifestyle and setting new goals to become the best version of you.

Can you think of one benefit of being active? (write below)

Everyone's personal goals are different; having a goal to focus on can give us the drive to achieve something positive. Here are some examples:

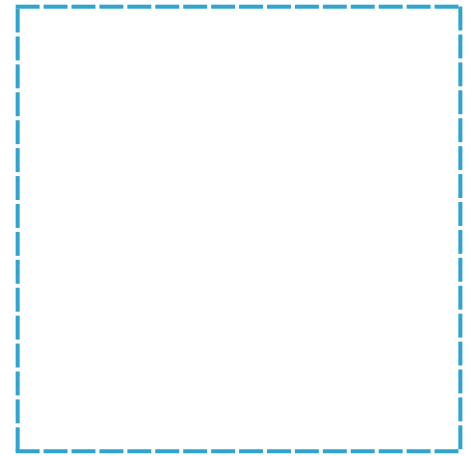
There is an empty bullet point for you to add your example

- I want to improve my fitness levels to play a specific sport
- I want to feel more confident in myself
- I want to learn what food can give me the most energy for the day
-



There is no such thing as having a silly goal, if it means something to you, let's go for it!

PASSPORT DETAILS



Passport starting date: _____

Name: _____

Age: _____

Your BIO

Tell us what you like?

Tell us what you dislike?



We want to get to know you

Lifestyle

Questionnaire

Questionnaire's are important to us so we can learn a little about you before we meet.

Add your own I AM affirmation



I AM



Physical Activity

Please mark relevant answer

1. In the last 2 months how often have you participated in some kind of exercise?

5-6 times a week

3-4 times a week

1-2 times a week

2. What sport or physical activity do you enjoy doing?

.....

.....

3. Is there any sport or physical activity you do not like doing?

.....

.....

4. Is there any sport or physical activity you would like to try?

.....

.....

Fitness

5. Rate yourself on a scale of 1-5 as to how fit you are?

(1 Least fit - 5 most fit)

1

2

3

4

5

6. How good are your stamina levels?

(1 Least fit - 5 most fit)

1

2

3

4

5

7. How strong do you think you are?

(1 Least fit - 5 most fit)

1

2

3

4

5

8. How flexible do you think you are?

(1 Least fit - 5 most fit)

1

2

3

4

5

9. How coordinated do you think you are?

(1 Least fit - 5 most fit)

1 2 3 4 5

Stress

1. Rate yourself on a scale of 1-5. 1 being the calmest and 5 having high stress levels

(1 Least fit - 5 most fit)

1 2 3 4 5

2. What situations make you feel stressed?

.....

.....

3. How do you relax?

.....

.....

Nutrition

1. Do you think you eat a balanced diet?

Yes No Unsure

2. Do you eat breakfast?

Yes No

3. Do you snack in between meals, if so what do you have?

Yes No

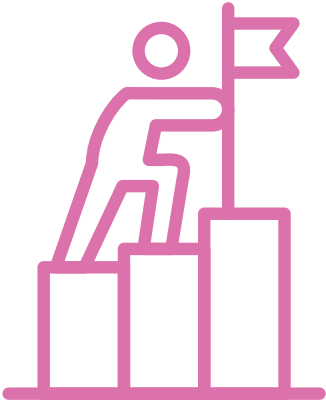
4. Do you think you eat more than you need?

Yes No

5. How many cups of water do you drink a day?

1-2 cups 2-3 cups 3-4 cups 4-5 cups 5-6 cups More

GOAL SETTING



**This is your personal journey!
Sometimes we will have
different goals to other
people, we will also come up
against challenges which can
affect us from making
progress in our goals.**

**Just because you are
shaped differently,
not as fit as the
person next to you or
your personal
circumstances are
different, this should
not put you off. We
want you to
remember why YOU
are starting this
journey.**

**It is really
important to
take small steps
and don't rush
the process, set
yourself small
stepping stones
to achieve your
long term
goal(s).**

Steps to planning a Goal

A goal is a target or something you aim for just like a netball or football player. Planning what you want to achieve or get better at in school, at home, with friends or even in your job is called goal-setting and it helps you succeed.

1. My Goal

Make sure the goal is specific, so you know exactly what you want to achieve.

2. Why this goal

Make sure sure your reason to achieve this goal has meaning, as you will be more motivated to achieve.

3. Steps to reaching your goal

To make your goal achievable its important to create small steps that will keep you on track and to stay motivated.

5. Goal completion date

This will give you a time frame to complete your goal by, remember we need to keep this date realistic.

4. Things to help me reach my goal

Its useful to write down people, resources and environment that may help you to achieve your goal.

7. How will I feel when I reach my goal

Here you will visualise what feelings will happen when you achieve your goal such a happiness, excitement and joy.

6. I will know I reached my goal because

This gives you a clear indication of what will happen when you reach your goal so you know it's been achieved.

MY GOAL

Goal start date:

My Goal

Why this goal

Give two reasons

1.

2.

Steps to reaching my goal

1.

2.

3.

4.



Things that will help me reach my goal

1.

2.

3.

Goal completion date:

I will know I've reached my goal because

How will I feel when ive achieved my goal

Notes

Add your own I AM affirmation that will motivate you to acheive your goal



I AM

What is health,



fitness & wellbeing?

Fitness and wellbeing is not just about how long you can run for or how many press ups you can do, it means so much more!

Being fit and healthy gives us the physical and mental ability to complete daily activities, the skill to perform in sports, the capacity to get up and go in the morning and to focus throughout the day.

This also helps us to keep our emotions and feelings positive which can support us to make the right decisions in the day at school and at home.

Physical fitness:



Is generally achieved through good nutrition, a good level of exercise and resting your body.

Did you know?

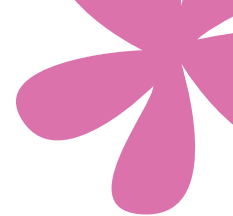
The more you help your body, the more you help your mind? Physical activity increases the flow of oxygen to your brain. It also increases the number of endorphins, the "feel-good" chemicals, in your brain. It is not surprising that people who are in good physical shape are also more alert and focused during the day.

Mental fitness:



Is just important as physical fitness, this means keeping your brain and emotional health in good shape.

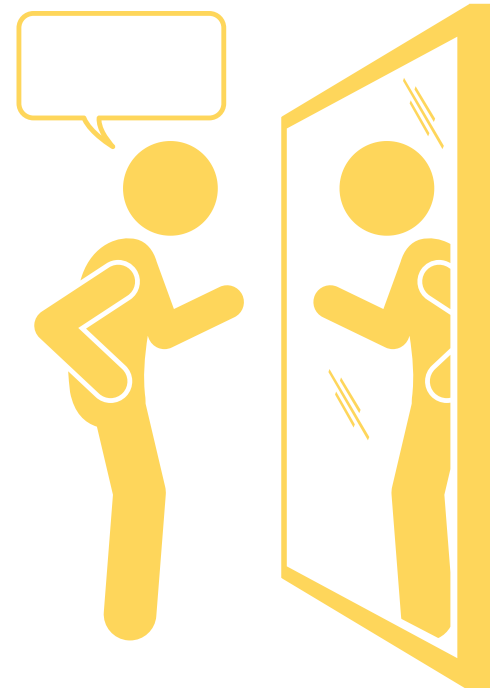
Participating in energetic physical workouts can help you reduce symptoms of mental illness such as depression and gain a more positive outlook on life. It's also a great way to beat stress, which can harm you mentally and physically.



REFLECTION

Why is reflecting important?

- Reflection is a process of thought, when you begin to reflect it can support in identifying what has gone well and what can be improved.
- Reflecting can be done in various ways; by yourself, in a group, you can talk about your experience or write it down.
- When you reflect on a regular basis it will improve your self awareness and confidence to overcome difficult situations and will give you the ability to make better choices.
- Can you think of a time when you have reflected?
(write below)



.....

.....

Completing your reflection

On the next two pages you will see a reflection log

1. The first page you complete before your activity
2. The second page you complete when you have finished your activity

BEFORE WRITING IN YOUR REFLECTION LOG MAKE COPIES SO YOU CAN USE AGAIN



YOUR REFLECTION

Name:

Date:

How are you feeling now?



Happy



Calm



Sad



Hyper



Angry

**Or are you feeling any other emotion
(please write below)**

.....

.....

.....



How are you feeling after the session?



Happy



Calm



Sad



Hyper



Angry

**Or are you feeling any other emotion
(please write below)**



What did you do during the session today?



How difficult did you find the session?

Easy 1 2 3 4 5 Hard

What did you learn in today's session?



PHYSICAL



ACTIVITY LOG

Located on the next page

Keep this activity log up to date and log as many minutes as you can during activity time. You can also write in what activity you took part in, for example: football, running, walking your dog after school.

Keeping a physical activity log has a lots of benefits:

- 1** You can see how long you have been active through the week
- 2** You can track you progress
- 3** It can motivate you to try more activities to increase your minutes
- 4** It can build some friendly competition with your friends and family
- 5** Can you think of a benefit (write below)



BEFORE WRITING IN YOUR PHYSICAL ACTIVITY LOG MAKE COPIES SO YOU CAN USE AGAIN



PHYSICAL ACTIVITY LOG

My Daily Goal:

My Weekly Goal:

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly Total
Before School								
Lunch Time								
PE Lesson								
After School Club								
Daily Total								

FITNESS

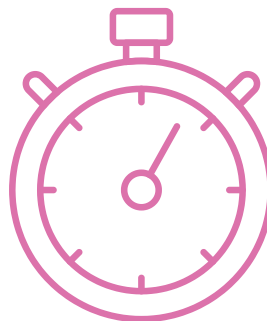


TESTING LOG

Located on the next page

Your task for the next 8 weeks is to complete a range of fitness tests and keep a log of your progress. Every Monday, kick start your week with this challenge, push yourself, commit and you will see improvements in your fitness levels.

You will have 45 seconds to execute as many repetitions as possible!



FITNESS TESTING LOG



My Daily Goal:

My Weekly Goal:

Exercises	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
Press Up								
Jumping Jack								
Squat								
Sit Up								
2 Minute Shuttle Run (20 metres)								



EATING A

BALANCED DIET

Our bodies need a balanced diet to function properly, this means eating mostly fresh foods from the different food groups and drinking plenty of water.

We have 4 different food groups, which are: proteins, carbohydrates, fats, vitamins and minerals, each group helps the body in different ways. Can you match the food group to the description?

1



Help our bodies to repair themselves and helps our muscles to grow stronger. You can find in food like: meats, eggs, fish and beans.

2



Provide our bodies with energy! You can find in: rice, potatoes, pasta and bread.

3



Also provide our bodies with energy that can be stored and provide a fat layer under our skin to keep us warm. You can find in: butter, cheese, avocados, walnuts, olives and fried foods.

4

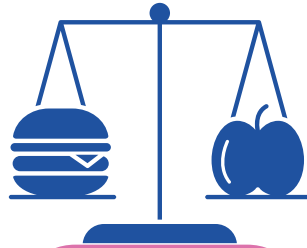


Play many roles in our bodies, such as making blood, building strong bones, healing wounds and keeping our brains working! You can find in fruits and vegetables.

Check you answers on the next page

THE BENEFITS OF EATING A BALANCED DIET

Positive energy you to keep active and focused throughout the day



Keeps skin, teeth and eyes healthy

Makes you feel happy

Supports brain development

Helps achieve and maintain a healthy weight

Boosts Immunity

Supports Muscles

Can you think or research 2 more benefits?

1.

2.

THE EATWELL

GUIDE

The Eatwell guide shows what kind of foods you should eat, and in what proportions, to have a healthy and balanced diet and more sustainable food. This includes everything you eat and drink during the day.



YOUR FOOD &

DRINK LOG

Located on the next page

Your food & drink log is a way to keep a track on the foods you eat and the fluids you drink.

Keeping a track on the food you eat can help you to identify what you are putting into your body on a daily basis.



On the next page begin to log your breakfast, lunch, dinner, snacks and water intake through Monday to Sunday.

Add your own I AM affirmation that will motivate you to achieve your goal



I AM

BEFORE WRITING IN YOUR FOOD & DRINK LOG MAKE COPIES SO YOU CAN USE AGAIN

FOOD AND DRINK LOG



	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Breakfast							
Snack							
Lunch							
Dinner							
Snack							
How many cups of water did you drink?							

FOOD & DRINK



LOG REFLECTION

Well done for completing the food and drink log! Over time you will see the benefits of maintaining the log. Which will help you to identify how your body responds to the amount and quality of food and drink you put into your body.

1 Did I drink enough water this week to stay hydrated?

2 Did I eat more than I needed this week?

3 Did I eat enough food to give me the energy I needed to complete each day?

4 Can I make any health swaps or reduce certain foods? For example, swapping fizzy drinks for sugar free juice, or having 1 chocolate bar a day rather than 2.

COOKING

REFLECTION



Lets get cooking! Pick a dish and answer the following questions:

What did you cook today?



What ingredients did you use?



What utensils did you use?



How did you cook the food? For example grill, bake or fry.



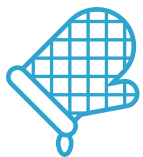
What did you enjoy the most about cooking today?



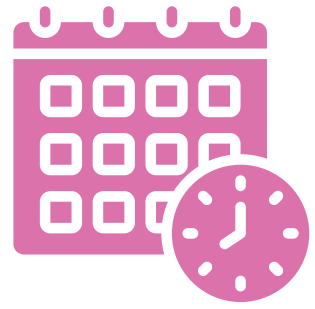
What can you improve on for next time?



Did you feel confident when cooking today?



STAYING ORGANISED



Being organised is important as it helps you learn how to prioritise activities, homework, set and achieve goals, it also helps to reduce stress levels.

Having good organisational skills also makes it easier set up quality time with your friends and helps increase productivity and efficiency.



By creating a visual schedule, it will help you to keep on track during the day and help you to stay focused.

On the next page is a template for you to try.

BEFORE WRITING IN YOUR DAILY SCHEDULE MAKE COPIES SO YOU CAN USE AGAIN

My Daily Schedule



7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	

Breakfast	
Snack	
Lunch	
Snack	
Dinner	



What do I want to achieve today
e.g clean my bedroom, complete
homework, 30 min workout.

1

2

3

SLEEP



On average most children & teens need up to 8 to 10 hours of sleep each night, however for some sleep is not seen as an important aspect in life.

● Is sleep important to you? Yes No

● Can you explain why?

.....

.....

● How many hours of sleep do you get during the weekdays?

Less 3-4 hrs 4-6 hrs 6-8 hrs 8-10 hrs More

● How many hours of sleep do you get during the weekends?

Less 3-4 hrs 4-6 hrs 6-8 hrs 8-10 hrs More

IMPORTANCE OF SLEEP



A lack of sleep can affect everything from our emotions to how well we focus on tasks like doing school work.

It can affect sports performance, increase our chances of getting sick due to being run down, this can become a dangerous routine.

It is very important to get an average of 8 hours of sleep each night so you feel refreshed and ready for the day ahead

TIPS FOR SLEEPING



Set a sleep alert on your phone or any other device

Give yourself time to relax before you go to sleep. Try to avoid using your tv, computer and phone 60 minutes before your bed time

Make your bedroom a relaxing environment, keep it tidy and clutter free

Wear an eye mask to block out any external light. Sometimes unexpected light can disturb you from your sleep.

Can you think of a sleeping tip?

YOUR MENTAL HEALTH

Everyone has a
mental health, but
not everyone has a
mental health
condition

Mental health includes our emotional, psychological, and social well-being. It supports and can affect how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.



Mental health is important at every stage of life, from childhood and adolescence through adulthood.

There are many ways you can support your own mental health, apart of this process is about exploring different activities and identifying what is good for you!

Can you list activities you can do by yourself which will support your mental health

1.

2.

3.

Can you list activities you can do with a friend which will support your mental health

1.

2.

3.

Can you list activities you can do within a group which will support your mental health

1.

2.

3.

If you are having a bad day or finding it difficult to regulate your emotions, take your time and remember these feelings are just temporary.

Use your list of activities to support you in generating positivity back into your routine as this will help you to feel better.

WELL DONE



As you have come to the end of the passport, it is important to reflect back on your experience and identify what you have learnt.

Well done for completing the passport, you have done amazing! Please remember your wellbeing should always be a priority to you and ensure you do things which have a positive impact on your body and mind.

Please list 2 things you have learnt whilst using the passport

1.

2.

Please list 2 things you are able to continue on a day to day basis.

1.

2.