



Marathon Tracker

START

Mile
1

Mile
2

Mile
3

Mile
4

Mile
5

Mile
6

Mile
7

Mile
8

Mile
9

Mile
17

Mile
16

Mile
15

Mile
14

Mile
13

Mile
12

Mile
11

Mile
10

Mile
18

Mile
19

Mile
20

Mile
21

Mile
22

Mile
23

Mile
24

Mile
25

Mile
26

FINISH



Key

MOOD

RECHARGE

FOOD

MOVE

fit Choice

Date/Initial

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

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23.

24.

25.

26.

fit Marathon

Each day, make a *fit* choice from a list below and record it on your map.

- Make a different choice for each mile you record.
- You can always make several choices a day, but only record one mile each day.
- Ask a parent or teacher to initial your choice.
- Have fun and be *fit*!



1. Get motivated.

- ☐ Set your goal to record a *fit* choice each day.
- ☐ Do a *fit* Marathon mile with a friend.
- ☐ Do a *fit* Marathon mile with a family member.

2. Check your MOOD and choose to RECHARGE.

- ☐ Play with a pet.
- ☐ Go for a walk to get energy.
- ☐ Relax while drawing.
- ☐ Take 10 deep breaths.

3. Check your MOOD and choose to MOVE your body.

- ☐ Ride your bike.
- ☐ Do some exercises.
- ☐ Dance like crazy!

☐ _____

☐ _____



1. Take time to relax.

- ☐ Read a book.
- ☐ Do a puzzle.
- ☐ Draw or color.
- ☐ Go for a walk.
- ☐ Do yoga poses.
- ☐ Stretch your body.
- ☐ Play with a pet.
- ☐ Rest without TV.
- ☐ Listen to calm music.

2. Get ready to sleep.

- ☐ Turn off screens one hour before bedtime.
- ☐ Read a book.
- ☐ Take a bath and brush your teeth.
- ☐ Darken your room.

3. Get your sleep.

- ☐ Follow a bedtime schedule.
- ☐ Sleep for 10-11 hours.

☐ _____

☐ _____



1. Skip the sugar.

- ☐ Drink only milk and water for one day.
- ☐ Check labels - find 10 labels with sugar less than 4 grams.

2. Eat a healthy breakfast.

- ☐ Whole grain cereal
- ☐ Whole grain bread
- ☐ Low-fat dairy
- ☐ Fresh fruit
- ☐ Vegetable
- ☐ Eggs or protein

3. Eat a healthy snack.

- ☐ Apples
- ☐ Oranges
- ☐ Bananas
- ☐ Grapes
- ☐ Berries
- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Green Pepper

☐ _____

☐ _____



1. Add MOVE to your day at school.

- ☐ Stand at your desk to do your work.
- ☐ Do toe raises or wall sits while waiting in line.
- ☐ Run around the playground at recess.

2. MOVE after school and on the weekend.

- ☐ Play soccer.
- ☐ Play basketball.
- ☐ Play kickball.
- ☐ Go for a jog.
- ☐ Exercise during TV commercials.

3. Turn off the screen.

- ☐ Go outside and play.
- ☐ Go for a walk.
- ☐ Go for a jog.
- ☐ Avoid screens for one day.

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