ACTIVITY: DESIGN YOUR OWN GAME PLAN

INTRODUCTION

Coaches and players always go into a game with a game plan.

Before any players hit the field, they all know what their goals are for the game and how they plan to achieve them.

Mindful eating and moving is a lot like preparing for a game.

By planning the four quarters of your day—

→ **FIRST QUARTER:** Breakfast

→ **SECOND QUARTER:** School Day

→ **THIRD QUARTER:** After School

→ **FOURTH QUARTER:** Family Time

—you’ll be fueled for whatever the day brings you! Let’s get started!
ACTIVITY STEPS

STEP 1
Select a notebook. It should be lined for writing and have enough pages to last you through the school year. You’ll be writing in your journal throughout the year, so make sure it’s durable.

STEP 2
Make your Game Plan notebook your own. Be creative with the title and the cover by showing some of your favorite physical activities and nutritious foods.

STEP 3
You’ll be using your Game Plan notebook to plan what you eat and how you’ll stay active at four times, or quarters, of the day. You’ll need to create a template in the pages of your notebook so that you have a space to plan out your game plan for eating and staying active. Below is a suggested template layout, or, you can design your own template using the below suggestion as a guide!

STEP 4
After you’ve decided on a design for your template, using your ruler and markers, add the template to the pages of your Game Plan notebook. Leave several pages blank after each template so that you’ll have room for journaling and reflection on other nutrition and activities ideas throughout these lessons.

TAKE IT FURTHER:
GET MOVING WITH THE FUEL UP TO PLAY 60 GO NOODLE GAME, COACH TERRY’S TOUCHDOWN!
# Example of a Game Plan Notebook

**Name:**

**Date:**

<table>
<thead>
<tr>
<th>Quarter</th>
<th>What I Plan to Eat</th>
<th>What I Plan to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Oatmeal, Banana, Yogurt Smoothie</td>
<td>Walk to school</td>
</tr>
<tr>
<td>School Day</td>
<td>School Lunch: Chicken Caesar Salad, Parmesan Cheese, Croutons, Roll, Pineapple, Sliced Zucchini, Milk</td>
<td>Play kickball</td>
</tr>
<tr>
<td>After School</td>
<td>Yogurt, crackers</td>
<td>Walk home from school and ride a bike</td>
</tr>
<tr>
<td>Family Time</td>
<td>Spaghetti and Meatballs, tomato sauce, mozzarella cheese, steamed spinach, milk</td>
<td>Help out in the yard</td>
</tr>
</tbody>
</table>

**Things I Noticed Today About Eating and Moving**

Today I felt less hungry than I did yesterday when I didn’t eat breakfast. I had a lot more energy right before lunch and I didn’t get sleepy.

**Journal Prompts**

Prompt #1
Response:

Prompt #2
Response:

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**End of Activity**