



THE STUDENT ZONE HEALTHY HABITS TRACKER

ABOUT THE HEALTHY HABITS TRACKER

The Healthy Habits Tracker is a feature on the Student Zone App which allows students to journal their daily healthy habits including their mood, hours of sleep, minutes of physical activity, and food groups consumed.

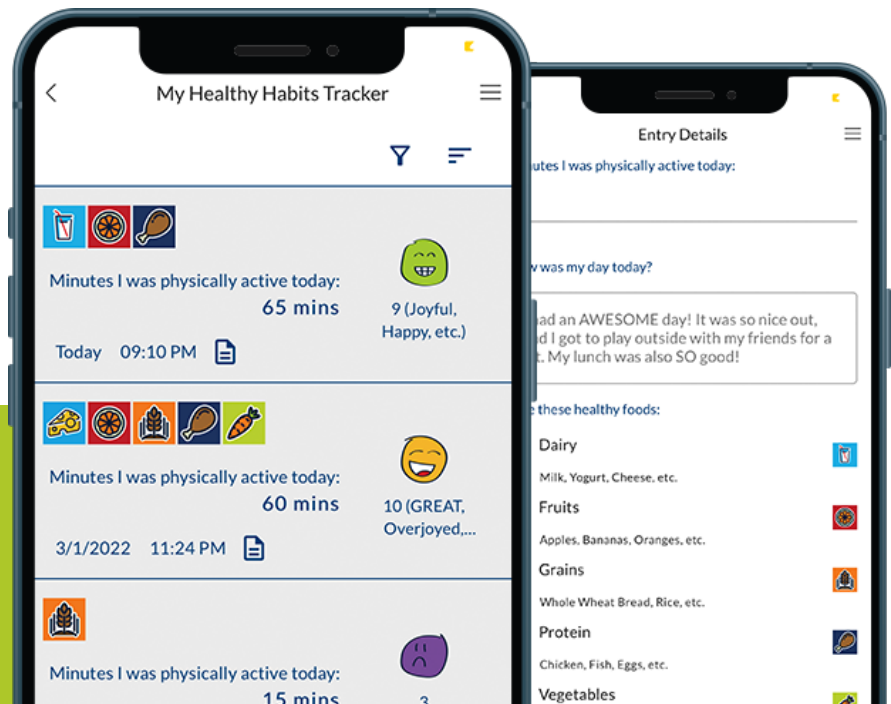
HOW STUDENTS USE THE HEALTHY HABITS TRACKER

After they log into their account, students can access the Healthy Habits Tracker by clicking on the journal icon in the footer of the home screen. Once they click on the Tracker icon, they will see a summary page of all the entries they have submitted to date and will be able to edit or delete those entries as they like.

To add a new entry, students click on the “plus” sign, which will open a new entry. From here they will:

- Confirm the date and time for the entry
- Use the sliding scale to indicate their mood for the day
- Choose the correct range of hours to record how much sleep they got the night before
- Enter the number of minutes of physical activity they got that day
- Have the option to complete a journal entry or add comments about how their day went
- Select the food groups they ate that day
- Click “Save”

The information that students enter in the Healthy Habits Tracker is for their personal use, and the data will not be shared with external audiences. Students can edit or delete their Tracker entries at any time from their accounts.



**CHECK OUT PAGE 2 FOR WAYS YOU CAN
USE THE HEALTHY HABITS TRACKER WITH
YOUR FUEL UP TO PLAY 60 TEAM!**



UTILIZING THE STUDENT ZONE HEALTHY HABITS TRACKER

HOW TO USE THE HEALTHY HABITS TRACKER WITH YOUR FUTP 60 TEAM

Even though the Healthy Habits Tracker is a personal reflection tool for students, educators are encouraged to use the Tracker to support their FUTP 60 Team! Here are a few ways you could incorporate the Tracker into your FUTP 60 activities at school.



1

TRACKING CHALLENGE

Ask students to complete the Tracker each day for a certain period of time between your FUTP 60 meetings (1 full week, 2 full weeks, 1 month, etc.!) Offer prizes or other incentives for students who show that they have completed the challenge.

2

SHARING SESSION

Host a session where students share what they've learned from using the Tracker. Do they notice a difference in their mood when they have been able to be physically active, or eaten a variety of foods? Does sleep affect their moods? What other patterns do they see or correlations they can make based on their Trackers?

3

DAILY REWARDS

Do a random giveaway of prizes or other incentives every day for a week for any student who completes their Tracker that day.

4

LEARNING PLANS

Incorporate students' use of the Healthy Habits Tracker as part of your Fuel Up to Play 60 Learning Plan activities! This would work particularly well with Fuel Your Game Day or Healthy Food, Mind, and Body, available on FuelUpToPlay60.com.

GOT QUESTIONS?

If you need any assistance with the Student Zone App, email Students@FuelUpToPlay60.com.