

# PASSPORT



**ST** *é* **P**  
*EXPRESS*

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**FIRST NAME**

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**LAST NAME**

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**SCHOOL NAME**

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**SIGNATURE**

**DATE**

**DRAW OR PASTE YOUR PICTURE HERE**



# TRACK YOUR PROGRESS

Your passport gives you space to track your minutes of physical activity each day for eight weeks. It also has a place for you to convert minutes to miles. See the example below.

DATE	MINUTES
MONDAY	30
TUESDAY	0
WEDNESDAY	40
THURSDAY	15
FRIDAY	0
SATURDAY	60
SUNDAY	0
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	<b>145</b>
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	<b>7.5 miles</b>
<b>PARENT/GUARDIAN SIGNATURE</b>	<i>John Jones</i>

In addition, your passport has a place for you to track your pre- and post-test results. This way, you can see your improvements.

# WEEK 1

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
<b>PARENT/GUARDIAN SIGNATURE</b>	

1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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**EVENT #1****Endurance run/walk***measures endurance ability*

GOAL \_\_\_\_\_

My 1st Score

My 2nd Score

**EVENT #2****V-sit and reach***measures flexibility in lower back  
and hamstrings*

GOAL \_\_\_\_\_

My 1st Score

My 2nd Score

**EVENT #3****Shuttle run***measures speed and agility*

GOAL \_\_\_\_\_

My 1st Score

My 2nd Score

**EVENT #4****Curl-ups***measures abdominal strength  
and endurance*

GOAL \_\_\_\_\_

My 1st Score

My 2nd Score

**EVENT #5****Push-ups***measures upper body strength  
and endurance*

GOAL \_\_\_\_\_

My 1st Score

My 2nd Score

## WEEK 2

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
<b>PARENT/GUARDIAN SIGNATURE</b>	

1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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## HOW MANY STEPS EQUAL BEING ACTIVE?

STEPS PER DAY	ACTIVITY LEVEL	
<b>Less than 3,000</b>	Inactive <i>Like a snail</i>	
<b>4,000 to 6,999</b>	Slightly Active <i>Like a turtle</i>	
<b>7,000 to 9,999</b>	Moderately Active <i>Like a rabbit</i>	
<b>10,000 to 12,499</b>	Active <i>Like a fox</i>	
<b>12,500 or more</b>	Very Active <i>Like a cheetah</i>	

Reference: *America on the Move. Special Edition Quick Start Guide. 2006.*

## WEEK 3

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
<b>PARENT/GUARDIAN SIGNATURE</b>	

1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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## CALORIES BURNED DURING ACTIVITY CHART

ACTIVITY	DURATION		
	30 minutes	60 minutes	90 minutes
<b>Basketball</b>	181	362	544
<b>Bicycling</b>	77	154	230
<b>Dancing</b>	109	218	328
<b>Gardening</b>	92	185	277
<b>Golfing</b>	102	204	306
<b>Jumping Rope</b>	194	388	583
<b>In-line Skating</b>	92	185	277
<b>Running</b>	162	332	486
<b>Snow Skiing</b>	133	266	400
<b>Soccer</b>	166	332	497
<b>Swimming</b>	187	374	562
<b>Walking 20 min./mile</b>	91	182	274

Calories burned per hour will be higher for a person that weighs more than 88 pounds and lower for a person who weighs less.

Reference: WebMD. *Calorie Counter*. 2007. 8 July 2008.

<[http://www.webmd.com/content/tools/1/calc\\_calories.htm](http://www.webmd.com/content/tools/1/calc_calories.htm)>.

## WEEK 4

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
<b>PARENT/GUARDIAN SIGNATURE</b>	

1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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## QUICK, EASY AND HEALTHY SNACKS



- Cheese—low-fat cheeses and string cheese
- Fat-free cottage cheese mixed with fruit
- Light yogurt with fruit
- Whole-grain crackers
- Baked chips
- Fruit—apples and applesauce, bananas, grapes, oranges, fruit cups in juice (*not syrup*), kiwis, peaches, berries, melons, nectarines, etc.
- Nuts—almonds, walnuts, natural peanut butter (*trans-fat free*)
- Popcorn—air popped
- Popsicles®—sugar free
- Pretzels
- Smoothies—blend light yogurt with fresh or frozen fruit
- Vegetables—mini carrots, snap peas, cucumbers slices, broccoli and cauliflower florets, celery sticks, etc.

*Reference: Intermountain Healthcare. 8 to Live By Healthy Habits for Kids, Teens and Families. 2007.*

## WEEK 5

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
<b>PARENT/GUARDIAN SIGNATURE</b>	

1. What did I learn this week about being active?

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2. What fun activity did I do this week?

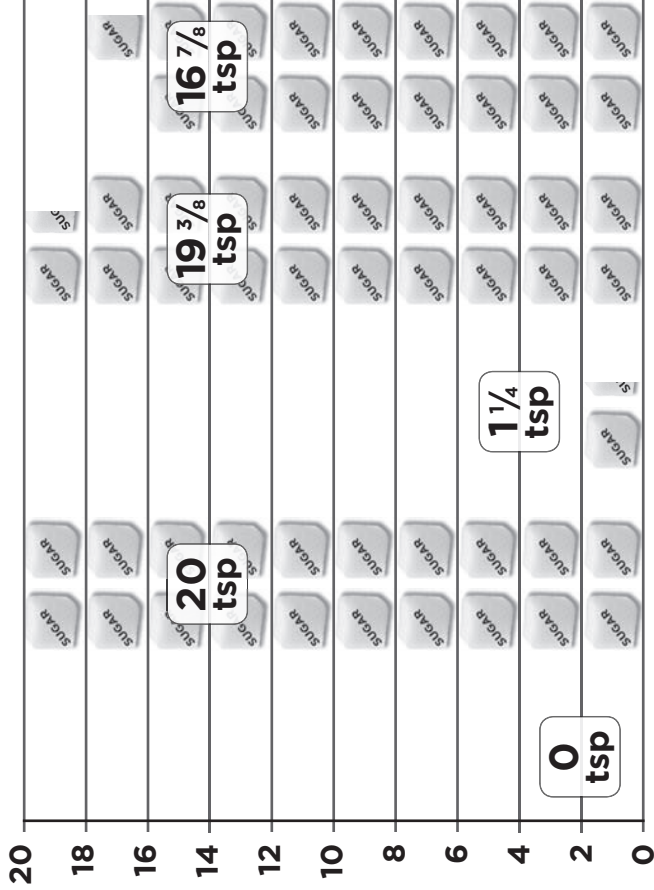
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1 TEASPOON  
= OF SUGAR

- Sports drinks are full of extra sugar. Water is usually a better choice for rehydration.
- Soda provides empty calories without important vitamins or minerals.
- Empty calories may cause weight gain, which can lead to health problems such as high blood pressure, diabetes, heart attack, and stroke.
- Soda can also increase your risk for cavities.
- Soda provides the highest amount of added sugar in the American diet—more than cookies, cakes, and pies combined.



## WEEK 6

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
<b>PARENT/GUARDIAN SIGNATURE</b>	

1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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## STOPLIGHT EATING

### RED LIGHT FOODS

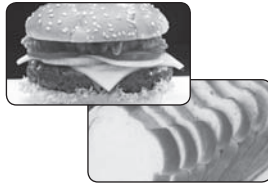
These foods are not very healthy and should only be eaten once a month or less.



*(Examples: doughnuts, bacon, soda, cookies, candy, French fries, and potato chips)*

### YELLOW LIGHT FOODS

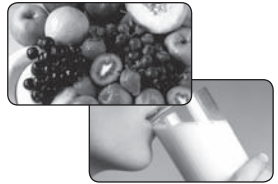
These foods should only be eaten once or twice a week.



*(Examples: sugar cereal, crackers, hamburgers, juice, tortilla chips, white bread, and white rice)*

### GREEN LIGHT FOODS

These foods are always the best choice and should be eaten daily.



*(Examples: fruits, vegetables, milk, whole-grain breads, and lean meats)*

## WEEK 7

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
<b>TOTAL MILES</b> <i>Divide Total Minutes by 20 for Total Miles</i>	
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1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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## **TRIVIA: WHAT ARE THE MOST POPULAR SPORTS AROUND THE WORLD?**

1. Football, or what Americans call soccer, is the most popular sport to play and watch. Football is popular in all of the United Kingdom, Europe, Asia, and South America.
2. Cricket originated in England and is played with a bat and a ball. Cricket is popular in the United Kingdom, Australia, New Zealand, some African countries, and some Caribbean countries. It is the most popular sport in India and Pakistan.
3. Field Hockey is popular in Asia, Europe, Australia, and around Africa. There are an estimated two billion players or spectators in these countries.
4. Tennis is popular in the United States, Asia, Australia, and Europe. There are an estimated one billion players and spectators around the world.
5. Volleyball is very popular in the United States, which is where it originated. Other countries that enjoy volleyball are Brazil, Europe, Russia, China, and Japan.
6. Table tennis or Ping-Pong® originated in Victorian England as an after-dinner activity. It is especially popular in China, Korea, and Singapore.

*Reference: Quinn, Lydia. "Most Popular Sports Around the World." Ezine@rticles. 8 July 2008. <[http://ezinearticles.com/?Most\\_Popular\\_Sports\\_Around\\_The\\_World8ID=5511807](http://ezinearticles.com/?Most_Popular_Sports_Around_The_World8ID=5511807)>.*

## WEEK 8

DATE	MINUTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
<b>TOTAL MINUTES</b> <i>Add all recorded minutes</i>	
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1. What did I learn this week about being active?

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2. What fun activity did I do this week?

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*Take care  
of your body.*

*It's the only  
place you have  
to live.*

**Jim Rohn**

*American Entrepreneur,  
Author, and  
Motivational Speaker*

STEP Express  
is endorsed  
by



[intermountainlive.org](http://intermountainlive.org)



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