



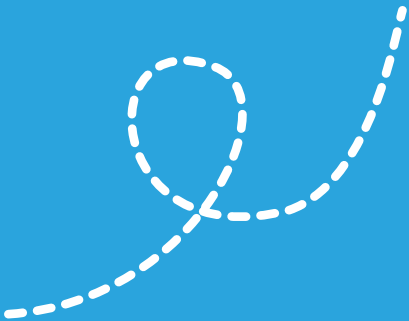
# TOOLS FOR SUCCESS

## LESSON 5



HOLISTIC  
POSITIVE  
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## Tools For Success Lesson Five

- A. Exercise Activity Ideas
- B. Family Meal Planner
- C. Personal Monthly Exercise Log
- D. Bedtime Routine

[You have permission to print out copies of the attached documents for use within your immediate family. You do not have permission to print or send through any means of electronic transmission to anyone outside your family.]



## Exercise Activity Ideas Things I Can Do to Keep Busy and Fit

- ✓ Go for a walk
- ✓ Go running
- ✓ Ride my skateboard
- ✓ Ski
- ✓ Fly a kite
- ✓ Ride my bike
- ✓ Run through the sprinklers
- ✓ Jump rope
- ✓ Throw a Frisbee
- ✓ Go for a hike
- ✓ Go Rollerblading
- ✓ Walk the dog
- ✓ Ride my scooter
- ✓ Play at the park
- ✓ Go swimming
- ✓ Go ice skating
- ✓ Dance
- ✓ Yoga
- ✓ Practice karate moves
- ✓ Do some push-ups
- ✓ Do some jumping jacks
- ✓ Do some sit-ups
- ✓ Work in the garden
- ✓ Rake leaves
- ✓ Shovel snow
- ✓ Sweep the sidewalk
- ✓ Mow the lawn
- ✓ Vacuum
- ✓ Play golf or miniature golf
- ✓ Go bowling
- ✓ Work out at the gym or “Y”
- ✓ Gymnastics
- ✓ Play hopscotch
- ✓ Shoot Hoops
- ✓ Exergaming



# Family Meal Planner



Meal Plans	Shopping Lis
<u>Monday</u>	<hr/> <hr/> <hr/>
<u>Tuesday</u>	<hr/> <hr/> <hr/>
<u>Wednesday</u>	<hr/> <hr/> <hr/>
<u>Thursday</u>	<hr/> <hr/> <hr/>
<u>Friday</u>	<hr/> <hr/> <hr/>
<u>Saturday</u>	<hr/> <hr/> <hr/>
<u>Sunday</u>	<hr/> <hr/> <hr/>



# Personal Monthly Exercise Log

Name: \_\_\_\_\_ Month: \_\_\_\_\_

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time For The Week:				

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time for The Week:				

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time for The Week:				

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time for The Week:				
Total Exercise Time for The Month:				



# Bedtime Routine



	Mon	Tue	Wed	Thr	Fri	Sat	Sun
<b>Unwind Time:</b>							
<b>Unwind Activities</b>							
1.							
2.							
3.							
<b>Time to Get Ready for Bed:</b>							
<b>Ready for Bed Activities</b>							
1.							
2.							
3.							
<b>Time to be IN bed:</b>							