

**KAIBAB PAIUTE SDPI
YOUTH SELF-REPORTING FORM
PHYSICAL ACTIVITY AND HEALTHY EATING**



Youth Name: _____

Month of: _____

Physical Activity goal for the month: _____ (number of hours of physical activity I will try to achieve for the month)

Activity (ex: jogging, playing basketball, playing volleyball, walking, etc.)	Date	Number of hours or minutes completing activity
Total hours of activity for the month:		

Healthy eating log (changes I've made in my eating. Ex: I stopped eating candy and eat more carrots) :
